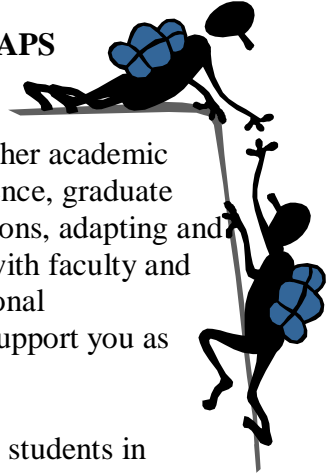


STUDENT COUNSELING & PSYCHOLOGICAL SERVICES CAPS OUTREACH PRESENTATIONS 2018



Welcome to new and returning graduate/professional students! Graduate life is another academic journey that is both exciting and challenging. Similar to your undergraduate experience, graduate school will place multiple demands on your time including high academic expectations, adapting and learning in new clinical environments, developing effective working relationships with faculty and staff, maintaining peer support, and finding quality time for your self-care and personal relationships. This can all be overwhelming at times and CAPS services is here to support you as you navigate your journey.

CAPS provides **confidential** counseling services to assist graduate and professional students in managing the demands of graduate life. Indeed, about one-fifth of students seen at CAPS are graduate/professional students. We provide the following services with no charge for office visits:

- Individual counseling
- Group counseling (e.g., Dissertation/Thesis support group, Health Relationship)
- Couples counseling (at least one member of the couple must be a currently enrolled, eligible UNLV student)
- Walk-in crisis assessment and intervention
- Medication evaluation and management.
- Assessment and Treatment of Eating Disorders
- Drug and alcohol use assessment
- Outreach and educational workshops and presentations

Students can call to schedule an initial intake appointment (702) 895-3627. Our office hours for the fall semester are: Mondays 8am – 8pm, Tuesday through Thursday, 8am - 6pm and Fridays from 9am – 5pm. Walk-in triage services are available during open office hours. **Services are provided free of charge**, except for psychological testing and medication if needed. CAPS is located on the third floor of the Student Wellness Center which is inside the Student Recreation & Wellness Center. For more information call us at 895-3627 or visit our website at <https://www.unlv.edu/studentwellness/caps>

CAPS Outreach Presentations 2018

1. Stress-Management Series: Identify triggers, understanding your reactions, ways to manage
2. Burn-out vs. Stressed-out: Know the difference and how to take back control
3. Building Resiliency: What is it and how resilient are you?
4. Overall Wellness: What are the dimensions of wellness and how can you find your balance?
5. Navigating Relationships through effective communication skills
6. Overcoming Procrastinations
7. Loneliness & the Imposter Syndrome
8. Alcohol and Other Drugs: Awareness and prevention
9. How to Recognizing and Refer Students of Concern
10. Sleep Talk: Optimize your health through sleep