Suicide Prevention Training Available to UH Alumni, Family & Friends
CAPS opens QPR nationally certified suicide prevention trainings for the month of September! Learn skills to help prevent suicide and build UH's community of care. Tell friends and family to register. Mondays & Thursdays 12-1pm in September

Initial Drop-in Visit
1st time clients do not need to schedule an appointment. Call or visit us 10a-4p weekdays

Support Groups
Grief Support - Sheree Burnett
Latinas REACH Grad Group - Laura Zavala-Membreno
Sista Circle: Black Grads - Karen Jubert

Psychotherapy Services
Individual Counseling
Single Session
Couples Counseling
Group Counseling
Anxiety Workshops

September - Suicide Prevention Awareness Month

Let's Talk! Mental Health Consultation

UH Initiative to Become a JED Campus
The Initiative helps UH & CAPS take a systematic, evidence-based review of how to improve emotional health & well-being of our students & decrease suicides.
Want to be part of this important Initiative! Contact Marti at mtrummer@uh.edu

uh.edu/caps | 713-743-5454