



CAPS NewsLetter

FALL 2022 uh.edu/caps | 713-743-5454



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

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

Let's Talk! Mental Health Consultation

Mondays Athletics Alumni / ACE Room 2106E 12:30 - 2:30pm Zoom 91244361097 3 - 4pm	Tuesdays Campus Rec & Wellness Center Wellness Office 3 - 5pm	Wednesdays Student Center Museum District Room 211 9 - 11am
Thursdays Student Service Center 1 Room 210D 10am - 12pm Zoom 91244361097 3 - 4pm	Fridays MD Anderson Library Room 264D, Brown Wing 11am - 1pm	

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 mtrumner@uh.edu

