



# CAPS NEWSLETTER

## MENTAL HEALTH AWARENESS MONTH

#MHAM

MAY 2021

UH.EDU/CAPS | 713-743-5454

### CAPS SERVICES

Get Connected to  
Psychotherapy

**Call US!**

713-743-5454

Individual Counseling  
Single Session  
Couples Counseling  
Group Counseling



Group allows students to try new behaviors & gain feedback about how they're being perceived. Groups close shortly after they begin to ensure safety and confidentiality in the growth space.

Give to CAPS  
click here

### SIGNATURE EVENTS

UH.EDU/CAPS/CALENDAR



Shine a Light on Mental Health Fair

College of Pharmacy

**FUN ACTIVITIES & PRIZES**

Zumba, mindfulness meditation, guided stretching exercises for stress relief, educational seminars, & more!



What is Trauma Anyway?

María Vázquez- CAPS



Keeping the Chaos Together

Documentary Screening  
& Panel Discussion



[Sign-up for Suicide Prevention Training Here](#)

### NEWS

**CAPS CLINICIANS PRESENT AT NPR REGIONAL CONFERENCE!**

Texas Public Media

# STAFF SUMMIT

#### MENTAL HEALTH & STRESS AWARENESS

Clinical Psychologist **Norma Ngo** and members of her team identify ways to stay mindful of stress and aware of your own mental health.

**Norma Ngo, Psy.D.**

**Rune Mølbak, Ph.D.**

**Cecilia Sun, Ph.D.**

