

Counseling and Psychological Services

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713-743-5454

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CAPS Liaisons

During this especially challenging time, we understand that several questions and concerns may arise. You may email your liaison directly or contact us for a phone consultation at 713.743.5454 and we will do our best to assist you.

Each CAPS staff member has an on-going liaison relationship with a college, department, and/or student organization at UH. This liaison relationship helps to bridge the gap between CAPS services and the campus community by providing education and consultation regarding students facing mental health issues. Your CAPS' Liaison can provide helpful consultation about how to address a student that may be experiencing difficulties with mental health issues and how to refer to CAPS for further assistance. Your CAPS' liaison can also act as a direct referral source for psychotherapy; provide training/presentations specifically tailored to your area; and/or attend one of your department meetings to speak with your whole team. Please email your liaison directly from the list below or via our [outreach request form](#).

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QPR Suicide Prevention

QPR, which stands for "Question, Persuade, Refer", is a nationally recognized suicide prevention program designed to educate persons to recognize and respond to the signs of suicidal thinking or behavior. Research has shown that persons who ultimately attempt suicide often provide numerous direct or indirect clues as to their intentions, and the goal of this training is to recognize these verbal, behavioral, or situational clues and take steps to get the person professional help. The presentation helps persons learn how to ask the suicide question, how to persuade the person to contact appropriate assistance, and how to identify referral options. Once trained, these persons act as gatekeepers for the campus community, informed and ready to intervene on behalf of individuals considering suicide.

In accordance with recommendations regarding safe practices for COVID-19 prevention, CAPS has temporarily suspended in-person QPR trainings. We are now offering virtual QPR trainings from 1-2 pm on Tuesdays and Thursdays. Advance registration is required as there is a limit of 20 participants per training. Please sign up for one of the training dates below by emailing tabdulra@central.uh.edu and mtrummer@central.uh.edu. We will respond to confirm your participation with the training zoom link.

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COVID-19 News and Updates from CAPS

CAPS is available to the UH community via Teletherapy (phone or video) until further notice.

QUICK LINKS

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