

IU Counseling & Psychological Services (CAPS)

IU Health Center, 4th Floor
(812) 855-5711



@IUHealthCenter





CAPS

healthcenter.indiana.edu



❖ IU Health Center, 4th Floor

- Monday - Friday, 8:00am - 4:30pm
- Counseling in Spanish, Mandarin, Hindi, and Urdu
- Jacobs & SPEA counselors-in-residence
- “Let’s Keep Talk” counselors at the culture centers & Office of Int’l Services

CONFIDENTIAL. 2 FREE appointments each semester!

- **First appointment: “CAPS NOW”: (812)855-5711**
 - 30 minute session to match you with best CAPS service for you
- **After-Hours Crisis Line: (812)855-5711, option 1**



Who Uses CAPS?



- **4,315** IU students for **20,252** appointments!
- Most students use **1 to 8** sessions
- Reasons:
 - Stress
 - Relationships (friends, partners, family)
 - Academics (career, test anxiety, time management, procrastination)
 - Mood problems (adjusting, sadness, Depression, Anxiety)
 - Alcohol and drug use
 - Cultural adjustment, power & privilege, discrimination
 - Body image, problem eating/exercise
 - Sex, gender & identity concerns



CAPS Services

“CAPS Now”

**Individual
Counseling**

**Group
Counseling**

**Couples
Counseling**

**Tele-Counseling
& Web
Wednesdays**

**Emergency
Service**

Workshops

Psychiatry



Let's Talk

www.go.iu.edu/letstalk



- **“Let's Talk Now”**

FREE, informal, brief consultations for any IU student about any area of concern. Consultants can refer student to formal counseling if needed. Locations and times: www.go.iu.edu/letstalk

- **“Let's Keep Talking”**

Formal counseling targeting traditionally underserved students. Located in culture centers (Neal-Marshall and Asian Culture Center), academic centers (Maxwell Hall), and Eigenmann res hall.

www.go.iu.edu/letstalk



Web Wednesdays, 4:00pm

www.iu.zoom.us



FREE online workshops via secure internet connection.

Go to www.iu.zoom.us or download Zoom cloud meeting app & enter ID# 541-962-473

- **4:00pm for interactive discussions & activities:**

- Adjusting to IU **Aug. 23 & 30**
- Stress Management **Sept. 6 & 20, Oct. 18, Nov. 1, 15 & 29**
- Time Management & Study Skills **Sept. 13 & 27, Oct. 25, Nov. 8**
- Mid-term Prep **Oct. 4 & 11**
- Finals Prep **Dec. 6 & 13**



CAPS Services

- **Worried About A Friend?**

- Call us to CONFIDENTIALLY find out how to help- (812)855-5711!

- **FREE anonymous, online 'check-ups'**

- www.indiana.edu/~health/counseling/self-help/index.shtml

- **Emergency Services:**

- CAPS Now appointment (same or next business day)
 - Emergency Services (come to IUHC, 4th Floor for crisis assessment)
 - After-hours Crisis Line: (812) 855-5711, option 1



FREE Drop-In Workshops



- **Mindfulness for Stress Management**

Mon & Tues, 10-11am - Wed & *Thurs 2-3pm

(*prior experience preferred)

- **Monday Motivators** 4-5pm, Wells Library, room E159 East Tower

- Sept. 11: Think Happy!
- Sept. 25, Nov. 13: Stress Management
- Oct. 9, Dec. 4: Help Me Sleep!
- Oct. 23: Conquer Procrastination
- Nov. 6: Self-Compassion & Resilience



Group Counseling



- **Graduate/Returning students** – Mon. 3-4:30, Tues. 1:30-3, Thurs 2:30-4pm
- **Undergraduate** – Mon. 10–11am
- **Men’s Grad/Returning students** - Fridays 9–10am
- **Women’s Grad/Returning students** - Tues 2– 3:30pm
- **Healthy Relationships Support Group** - Wed 1:30- 2:30pm (FREE)
- **Identity** - TBD
- **Managing Your Emotions** - Wed 1–2:30pm
- **Shifting Gears** - TBD
- **Dissertation** - Tues 1:30 - 3pm (\$10.00)



Group Counseling



- **Disordered Eating (“Nourish”)** Thurs 1-2:30pm
- **Body Image** Wed 2:30-4pm (FREE) Oct 11 through Nov. 8
- **Anger Management** - Thurs 2:30- 3:30pm
- **Survivors of Sexual Assault** - Fri 1- 2:30pm (FREE)
- **Survivors of Childhood Sexual Abuse** - TBD (FREE)
- **Staying Out of Trouble with Alcohol/Drugs** - TBD
- **Sobriety** - TBD



Sexual Assault Crisis Service (SACS)

healthcenter.indiana.edu/counseling/services/sexual-assault.shtml

SACS Services

❖ FREE

- **24-hour Crisis Line: (812) 855-8900**
- **Confidential (NOT responsible reporters)**
- **Don't need to go through CAPS Now- call (812) 855-8900 to schedule**
- Individual & group counseling
- Help with referrals for medical care & psychiatry
- Advocacy & Information (Medical, Legal, Judicial)
- Consultation & educational programs



SACS
SEXUAL ASSAULT
CRISIS SERVICES

Center for Human Growth



School of Education, Room 0001

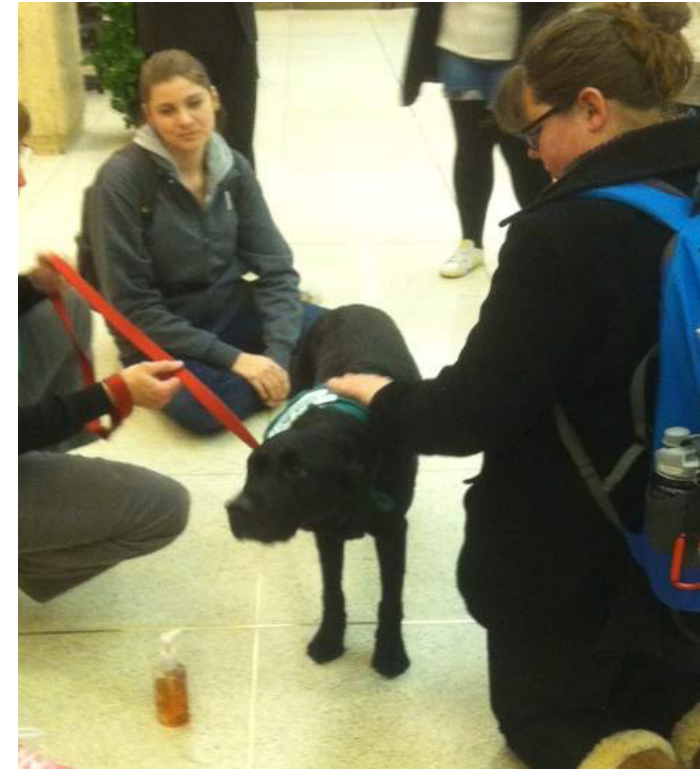
(812) 856-8302 --- www.education.indiana.edu/chg

- **FREE first session**
 - **Cost is \$0 - \$15 (what you can afford to pay)**
- **Evening hours!**
 - **Mondays - Thursdays open until 8:00pm**
- **Individual & Couples Counseling**



Join Us For:

- **“Celebrate EveryBODY Week”**
February 26 – March 2
- **“De-Stress Fest”**
Oct. 11, 6:30-8pm at Wells Library
- **“Healthy Sleep Week”**
TBD
- **Depression Screening Week**
Oct. 23 – 27
- **Sexual Assault Awareness Month – April**



- **Optional: Insert QR code here or PollEverywhere to do outreach feedback form**



**IU Counseling and Psychological
Indiana University Health Center**



**@IUHealthCenter
@IUBSACS**



A Poem About Listening...

please, just listen

when I ask you to listen to me and you start giving advice,
you have not done what I asked.

when I ask you to listen to me and you begin to tell me
why I shouldn't feel that way,
you are trampling on my feelings.

when I ask you to listen to me and you feel you have to do
something to solve my problem,
you have failed me, strange as that may seem.

listen! all I asked was that you listen,
not talk, or do...just hear.

advice is cheap; twenty-five cents will get you both
dear abby and billy graham in the same newspaper.
and I can do that myself. I'm not helpless.

maybe discouraged and faltering, but not helpless.

when you do something for me that I can and need to do
for myself, you contribute to my fear and inadequacy.

but when you accept, as simple fact, that I do feel
no matter how irrational, then I can quit trying to
convince you and get about the business of
understanding what's behind this irrational feeling.

and, when that's clear, the answers are obvious and I don't
need advice, irrational feelings make sense when we
understand what's behind them.

Please listen and just hear me, and if you want to talk wait
a minute for your turn, and I'll listen to you.

- Ray Houghton, M.D., Teen Times, Nov/Dec 1979

