



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 bldg
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

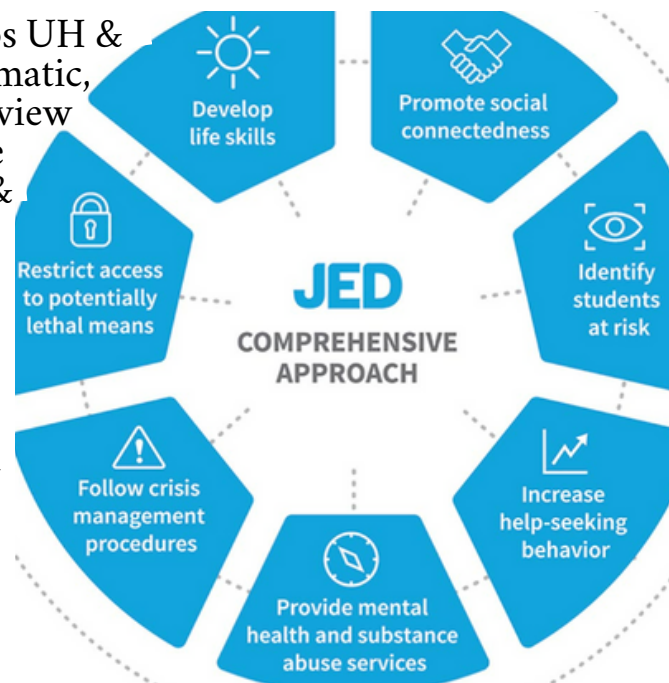
Fridays

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.

Join this Initiative!
Contact Marti at
mtrumner@uh.edu



Request a Presentation
from CAPS

@uh_caps @uhcaps