



CAPS NewsLetter

Spring 2023

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Click here for
CAPS Calendar

Welcome new staff to the CAPS Team!



Rita Chapa
Clinical Care
Coordinator



Mynika Collins
College of Medicine
Embedded Counselor

Dr. Monica Lackups-Fuentes named Interim
Associate Director for Clinical Services

Initial Drop-in Visit

1st time students do not need
to schedule an appointment.

Simply Call or Visit
our 2 traige locations

**UH Main
Health 2**

10a-4p
Weekdays

**Sugar Land
AMG-119**

2-5 pm
Mon & Wed

LET'S TALK!

1-on-1 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

Free & Confidential for UH Faculty and Staff

Don't Cancel Class! Request a Mental Health Presentation from CAPS

Learn about CAPS
Psychotherapy Services

Individual Counseling

Single Session

Couples Counseling

Group Counseling

Anxiety Workshops



Help Us Create a
Community of Care

Sign up for Suicide Prevention Training

Learn skills Question, Persuade, and Refer (QPR)
to help prevent suicide and build
UH's Cougars Community of Care.
Mondays & Thursdays 12- 1pm

