



Counseling and Psychological Services (CAPS)

The goal of CAPS is to provide services to best meet the mental health needs of our students. These could include adjusting to life events, relationship issues and mental health issues. Some of the ways this can be accomplished are through individual or couples counseling as well as psycho-educational and support groups. Additionally, alcohol and drug counseling is available and the Collegiate Recovery Community provides support for students striving to maintain sobriety throughout their academic endeavors.

Service Offerings: CAPS uses a short term model of therapy for individuals and couples, which assists students in addressing issues or concerns in 8 - 10 sessions. We have competent staff that are trained in these modalities. UNO counselors have a large referral network for individuals needing longer-term support. Participation in groups has no session limit. For online students, faculty, and staff, services are limited to emergency services, consultation and community referrals.

CAPS office hours: Monday – Friday, 8:00 a.m. – 5:00 p.m. Same-day crisis intervention services are available during regular business hours.

Emergency Services are available after 5 p.m. and weekends 365 days/year, 7 days/week, 24 hours/day at our main number: (402) 554-2409, by pressing <2>. Faculty and staff may use this service to report needed emergency services for students.

CONFIDENTIALITY: All services are free* and confidential for students. Visits to CAPS are confidential and are not part of the student's academic record. Release of information requires written consent from the student. Information may be released without written consent of the student when there is 1) imminent danger to an individual or society, 2) abuse to children or elders, or 3) court ordered subpoena is issued.

We can help you help students who may experience challenge in coping with stressors in their lives. Your willingness to help a student is important! Contact us at (402) 554-2409, and we will be happy to consult with you in recognizing concerning behaviors and provide tips in supporting students.

*Charges apply for court mandated alcohol and drug counseling and evaluations.

SUPPORT GROUPS

S.O.S.

Students Overcoming Stress

Every Tuesday | 1 P.M.– 2 P.M.
MBSC 224

S.O.S. offers the opportunity to meet confidentially with other students to share and learn ways to manage stress. Topics may include anxiety, depression, relationships, communication, self-care, and more.

Clinical Support Group for Survivors of Sexual Assault

This 8-week therapeutic group is for survivors of sexual violence and requires a screening process. CAPS at 402.554.2409 to get started.

Lez–Bi–Real–Queer

Every Wednesday | 12 P.M. – 1 P.M.
3rd Floor MBSC

A semi–structured group with a safe and open environment for LGBTQIA+ community members.

Tea with Jaisy

Every Tuesday | 3 P.M.-4:15 P.M.
241 ASH

Tea Talk is an open group which exists to support our International student community in achieving their goals and making their experience at UNO pleasant.

HELPING A STUDENT IN NEED

College students today often experience considerable personal and school-related stress. In addition to the pressure to achieve and work out a path to professional success, students must cope with a variety of personal stressors and pressures. Sometimes just one situation or stressor can precipitate a crisis. Everyone feels overwhelmed, anxious, or stressed at times. However, some behaviors that continue to occur over a period of time suggest that intervention may be needed.

CONCERNING BEHAVIORS	COMMON STRESSORS
➤ Changes in academic performance	➤ Isolation or loneliness
➤ Poor preparation	➤ Break up of significant relationship
➤ Excessive procrastination	➤ Perceived rejection by family
➤ Chronic absences and/or tardiness	➤ Misuse of alcohol and/or drugs
➤ Changed patterns of interaction in class	➤ Sexual identity issues
➤ Cultural discrimination	➤ Low motivation
➤ Disturbing material in academic	➤ Difficulty establishing goals
➤ Coming to class intoxicated or high	➤ Death of a loved one
➤ Inability to concentrate	➤ Serious illness
➤ Changes in personal appearance	➤ Academic pressure
➤ Changes in behavior	
➤ Repeat requests for special consideration or out of class time	

YOUR WILLINGNESS TO HELP IS IMPORTANT

➤ Be simple, direct and firm.	➤ Let the student talk – be the active listener
➤ Give your undivided attention when talking with the student in a caring way and specifically state why you are concerned.	➤ Listen in a respectful, non-threatening, and non-judgmental way.
➤ Demonstrate respect for the student by talking when both of you have sufficient time and are in a private place free from disturbances	➤ Express concern for the student using “I” statements and personal observations. For example, “I’ve noticed you’ve been missing class lately. How are things going?” would be better than “Why haven’t you been in class? What’s wrong?”
➤ Be matter-of-fact. Controlling your emotions may help the student to do the same.	