



UNMC Counseling and Student Development (CSD) and UNO Counseling and Psychological Services (CAPS) have combined to create unified CAPS services. By sharing counseling resources of UNMC and UNO campuses, CAPS is able to provide enhanced support for all students' mental health and well-being as they pursue their academic and career goals.

Overview

Increased Counseling Staff

Access to three practitioners with limited hours has now increased to **10** full-time, licensed counselors who are both gender and racially diverse and multilingual. UNMC students have the choice in delivery sites and modalities for mental health care including in-person sessions at either UNMC & UNO campus and/or by telehealth.

Addressing Individual Needs

Our goal is to provide services to best meet students' needs within our scope of practice. Through our intake process, CAPS counselors work with each individual to determine the best course of action to meet therapy goals. This sometimes includes purposeful referrals for more specialized counseling support if needed. Though counseling needs may change over time, students will continue to have access to CAPS mental health support throughout their student journey at UNMC.

Current and Expanded Services

CSD always provided:

- Individual counseling
- Couple's counseling
- Psychiatric referrals
- Walk-in crisis appointments
- Referrals to campus and community resources

CAPS continues those services plus:

- ❖ **Clinical and social support groups**
- ❖ **Substance use evaluations and counseling; Campus Recovery Community**
- ❖ **Outreach and education events centered on mental wellness and reducing stigma**
- ❖ **Collaboration with campus prevention, equity and diversity, and academic success partners**
- ❖ **Suicide prevention and education**
- ❖ **24/7/365 crisis and emergency support by licensed mental health practitioners**
- ❖ **Creation of the Student of Concern Rapid Response Team (SCRRT), for immediate response and ongoing case management in student situations needing wrap-around support**
- ❖ **Ongoing program and needs assessment and training so that CAPS can be intentional providing up-to-date services relevant to our diverse campus population.**

Free and Confidential

Counseling services remain free, and records remain confidential for UNMC students and residents. (with the exception of a fee for court-involved substance use evaluations and counseling).

Contact

For questions or to make an appointment, call 402-559-7276.

Beginning June 1, 2021, CAPS-UNMC will be located at SLC 2031.

Also feel free to contact Katherine Keiser at kkeiser@unmc.edu with questions or concerns.