WHAT IS TELEBEHAVIORAL HEALTH?
During the shelter in place, CAPS continues to support students remotely by offering our services through audio and video technology. Services are available to enrolled students who are currently residing in California.

VIRTUAL WORKSHOPS
Led by CAPS Counselor Faculty
Sign up on the CAPS website. Available until May 15

MENTAL HEALTH 101 & SELF CARE
Learn about anxiety and depression and explore new ways of increasing positive self-care strategies.

MINDFULNESS BASED ANXIETY MANAGEMENT
Experience mindfulness practices through education and live instruction.

THE SAFE PLACE

SAFE PLACE CRISIS APPOINTMENT
A same day tele-advocacy appointment for anyone who has experienced a recent incident of sexual violence (sexual assault in the past 4 days or an incident of dating/domestic violence in the past 7 days) and is in need of counseling options regarding critical medical care, evidence preservation and support.

SAFE PLACE INTAKE
A scheduled tele-advocacy intake appointment is offered to all survivors of sexual violence (regardless of when it takes place) for access to advocacy, counseling options and short term support.

CALL TO CONSULT OR SCHEDULE AN APPOINTMENT
415-338-2208 CAPS.SFSU.EDU

CAPS ADJUSTED OPERATING HOURS
MONDAY - FRIDAY 9AM - 4PM CLOSED 12-1PM