

COUNSELING AND PSYCHOLOGICAL SERVICES

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Student Life Center (SLC) 2031
402-559-7276

<https://www.unmc.edu/student-success/support-services/counseling/index.html> (<https://www.unmc.edu/student-success/support-services/counseling/>)

Counseling and Psychological Services (CAPS) offers a wide range of professional mental health services, including individual psychotherapy, stress management training, crisis support, group counseling, and outreach education. These services are provided free of charge to all UNMC students. CAPS therapists are licensed in mental health counseling, clinical social work, and/or alcohol and drug counseling. Psychiatric referrals are available if needed.

The goal of CAPS is to provide culturally-sensitive, mental health services to support the well-being of all students including individuals of diverse racial, ethnic and national backgrounds, sexual orientations, gender identities, physical and mental abilities, languages, ages, religious/spiritual beliefs, and socioeconomic backgrounds. Our professional counselors work with each student to assess their individual needs and determine the best therapeutic approach for their mental wellness as they pursue their academic and career goals. CAPS staff make confidentiality the highest priority. With the exception of life-threatening situations (clear danger to self or others), no private information is released without the written consent of the student. Counseling files cannot be accessed through UNMC or hospital electronic medical records systems.

We welcome students from all academic programs to let us help support you while enrolled at the University of Nebraska Medical Center. For appointment scheduling or questions, call 402-559-7276.