

Counseling and Psychiatric Services (CAPS)

- Monica Ng, Psy.D.—
Director of CAPS
- Judy Taub, LCSW---
Associate Director of Clinical
Services



Who are we?

Services to Students (undergraduate and graduate):

- Walk-in and Crisis Sessions (no appt needed)
- Individual Counseling
- Couples Counseling
- Group Counseling
- Workshops (classes on life skills, e.g. stress, time management, relationship)
- Psychiatric medication



Other services we provide:

- Liaisons in departments, residence halls, colleges across the campus for consultations.
- Presentations and training for staff and faculty on mental health issues.
- Daily walk-in services for students—10 am to 4 pm.
- Crisis during office hours and after-hours.



Scenario examples of when to contact our office:

- Student came to your office and shared distress thoughts or events with you, and you want to find them more support.
- Student who has a sudden change in their appearance, behavior, performance and/or attendance.
- Student who may be suicidal or making threats to harm others or destroy properties.



Contact:

- Location: C4C, Ste. N352
- Walk-in hours: 10 am to 4 pm, Mon-Fri
- Tel: (303) 492-2277 (same # for after-hours)
- Associate Director of Clinical Services:
Judy Taub, LCSW (campus #: 21780)



Need to talk to someone?

Whether you or someone you know is having a hard time, there are resources on campus to support you. We can support students with concerns ranging from anxiety and depression, to recovery, relationships, alcohol and other drug use, trauma and more.

Services include:

- Workshops
- Group therapy
- Individual and couples counseling
- Crisis care
- Consultations
- Medication management
- Support groups
- Self-care resources
- Advocacy and trauma support

For more information, visit colorado.edu/health



Get support on campus

In the event of an emergency, please call 911.

Counseling and Psychiatric Services (CAPS)

Confidential counseling, psychiatric care, therapy groups and a variety of workshops on stress, coping skills and more.

303-492-2277 (24/7 support) | colorado.edu/counseling

Student Support and Case Management (SSCM)

Support for navigating campus and community resources, referrals, problem resolution and crisis management.

303-492-7348 | colorado.edu/sscm

Office of Victim Assistance (OVA)

Confidential counseling, support and advocacy for anyone who has experienced a traumatic event.

303-492-8855 (24/7 support) | colorado.edu/ova

CU Collegiate Recovery Center (CUCRC)

Support meetings, recovery counseling and community for those in recovery, seeking support or choosing to live a sober lifestyle.

303-492-9642 | colorado.edu/recoverycenter

COUNSELING AND PSYCHIATRIC SERVICES (CAPS) (Contact Cheat Sheet)

To refer a student for urgent situation:

- Walk the students in to CAPS at C4C-N352 and ask to talk to a Triage/Walk-in Counselor. No appointment needed. Walk-in hours are: Mon-Fri, 10 am to 4 pm.
- Call CAPS at 303-492-2277 to consult with the Triage/Crisis counselor. CAPS phone line is 24/7.
- **For life-threatening emergencies, please call 911.**

To refer a student for non-urgent situations:

- Walk the students in to CAPS at C4C-N352 and ask to talk to a Triage/Walk-in Counselor. No appointment needed. Walk-in hours are: Mon-Fri, 10 am to 4 pm.
- Call and schedule a walk-in appointment or consultation with the Triage/Walk-in counselor at a time that is convenient for you and/or the student.

Due to patient's confidentiality, our CAPS providers may not be able to communicate back to you after your referral without the student's consent. However, we do follow up on every case that is referred to us.

Main CAPS Contacts:

- **For questions regarding CAPS' Programs/Operation:**
 - **CAPS Director**---Monica Ng, Psy.D. (Monica.Ng@colorado.edu)
 - **CAPS Associate Director of Operations & Training**---Kenli Urruty, Ph.D. (Kenli.Urruty@colorado.edu)

- **For Clinical Referrals/Consultations:**
 - **CAPS Front Desk**---303-492-2277
 - **CAPS Associate Director of Clinical Services**---Judy Taub, LCSW (Judy.Taub@colorado.edu)
 - **CAPS Crisis/Triage Manager**---Kathleen Flanagan, LPC (Kathleen.E.Flanagan@colorado.edu)