

University of New Haven



COUNSELING AND PSYCHOLOGICAL SERVICES





University of New Haven

COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

Mission: To support the mental health of the campus community & encourage holistic well-being

University of
New Haven

Hartford
HealthCare

Services Offered

Students receive care from highly trained and professional staff. We take a compassionate approach to the care provided. Our services are confidential and are included in tuition.

We provide:

- Initial assessments
- Individual counseling
- Group therapy
- Walk-in support
- Referrals for medication management
- Community referrals
- Education & Training
- 24/7 Crisis Support & Intervention

THERAPEUTIC SUPPORTS

We provide support in a variety of ways outside of the traditional one-to-one session.



Clinical Groups Offered



Connections



Creative Reflections



The Journey Forward



Affinity Spaces



General Support



Campus Outreach



Therapy Dogs



Mental Health Trainings



Stress Reduction



Psychoeducation Sessions



Drop-in Spaces

Types of services



Outpatient Therapy



Higher Level of Care

- Intensive outpatient Therapy
- Hospitalization



Community or Campus Referrals



Medication Management



Case Management

Scheduling appointments

Subtitle

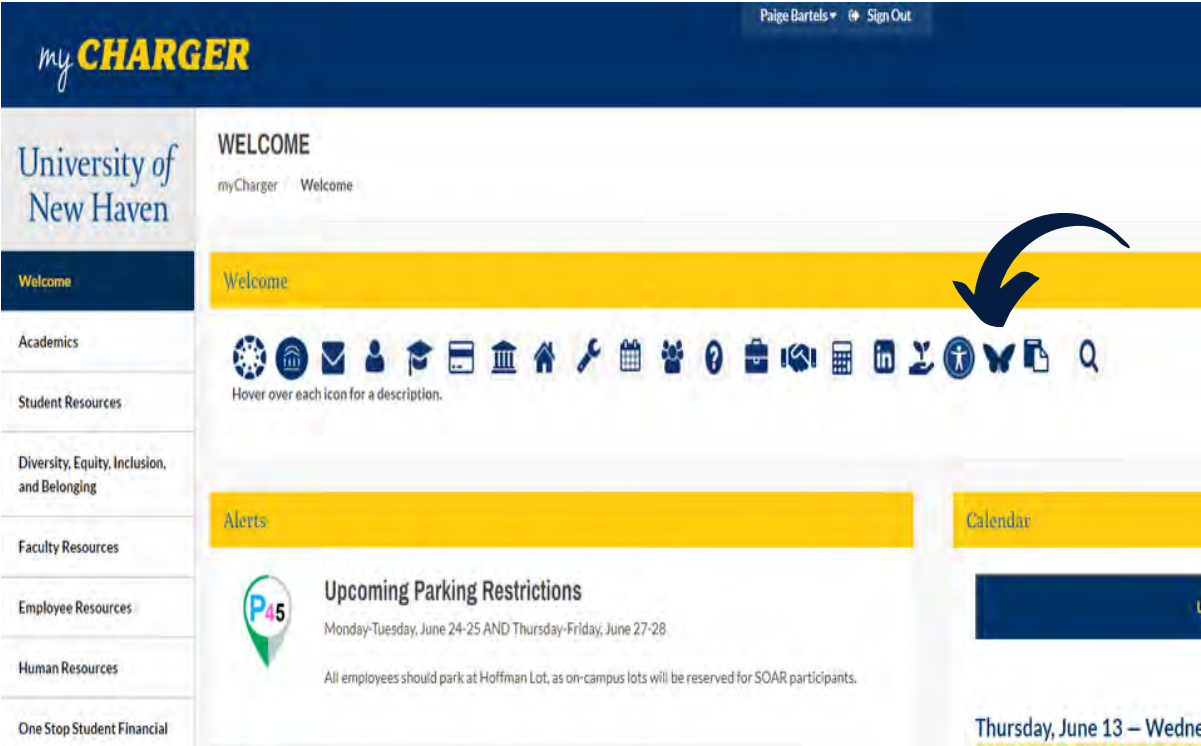
Hours of operation:
M-Th 8:30am-6:00pm, F 8:30am-5:00pm

Contact us at 203-932-7333

Schedule online (link available on My Charger)

Location: Charger Plaza, Suite 111
1209 Campbell Ave, West Haven, CT

Crisis support is available 24/7 at 203-932-7333



“ If there is no struggle,
there is no progress.
-Fredrick Douglas ”



Parent/Guardian Support

- How do you support from a distance?
- How do I navigate when my student is in distress on the phone?
- They don't call enough or call too much?
- How to help them bloom into this new chapter?
- Questions?

Presenter Information



Tavia Bascuine, LCSW | Director of Counseling Services
Paul Sundman, LPCA | Behavioral Health Clinician



THANK YOU

Subtitle

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