

COUNSELING AND PSYCHOLOGICAL SERVICES

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Counseling and Psychological Services (CAPS) (<https://umdearborn.edu/students/counseling-and-psychological-services-caps/>) is a trusted, visible, wide ranging university counseling center that continually strives to enhance the mental health and overall wellbeing of UM-Dearborn students and the greater campus community. The Mission of CAPS is to advance student success by promoting emotional wellness and psychological development by providing culturally competent, high quality, and confidential mental health services, prevention and educational programming, campus wide consultation, crisis response, and outreach. CAPS staff and trainees are committed to providing a safe, welcoming and affirming environment for all students.

CAPS offers:

- Individual Counseling
- Group Therapy
- Workshops
- Peer mentoring groups
- Programs that support overall wellness