



Division of Student Services
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Dear USU Graduate Student,

Thank you so much for your interest in USU Counseling and Psychological Services (CAPS) services. For decades USU graduate students have been taking advantage of the wide variety of [services CAPS has to offer](#), including individual, group, and couples therapy; consultations; workshops; and psychoeducational assessments. In 2013 CAPS started an Understanding Self and Others (USO) process group just for graduate students. This USO group has been so popular that starting the spring 2018 semester we will be offering two USO groups for graduate students. Additionally, graduate students are welcome to participate in any of the other groups we offer. CAPS also offers a variety of free workshops throughout the semester that graduate students are welcome to attend.

Occasionally, graduate students who teach classes are concerned about running in to their students at CAPS. Stigma around mental health and help-seeking behavior is a problem that we at CAPS and colleges and universities across the nation are trying to decrease. As a graduate student please know that if you run into a classmate or a student of yours at CAPS, this can be a good thing. You are modeling for them the importance of self-care and healthy behaviors (the same as if you ran into a classmate or student in the gym). You are sending the message that it is great they are taking care of themselves and taking advantage of the variety of services CAPS has to offer.

Like other university counseling center accost the nation, the process for graduate students receiving services at CAPS is the same as it is for undergraduate students. However, USU CAPS will, when possible, make special arrangements for graduate students that are interested and eligible for individual therapy and do not want to come to CAPS because of concerns about running into to someone they know. If you are interested in these special accommodations you can contact Justin Barker at justin.barker@usu.edu.

According to our [client satisfactions surveys](#) students (including graduate students) have been very satisfied with the therapy they have received at CAPS. We hope that if you are interested you will come to our office and participate in the wide variety of services we have to offer. Additionally, if you are teaching a class and would like someone from our office to come to your class to talk about CAPS services or a topic related to mental health and self-care, we would be happy to do so. You can make an outreach request by filling out the [CAPS outreach request form](#).

If you have any questions about our services please contact us at 797-1012.

Best wishes for a wonderful year, [CAPS Staff](#)