

## How to Make an Appointment

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If you would like to make a first time appointment for counseling services, please call (831 459-2628) or come into the main CPS office located in Kresge Annex B, Room 101. You will be informed about the location of your therapist when the appointment is scheduled. Some information will be requested in order to schedule the appointment (e.g., college affiliation or graduate status, telephone number), and some paperwork will need to be completed before you see a UCSC psychologist. All contacts and services are confidential, in keeping with professional ethics and legal standards.

Please be aware that during peak times (mid-quarter) there may be a wait of approximately two weeks or longer for a first-time appointment. It is not uncommon for most university and college counseling centers to have waitlists.

For more information about CPS Services, please visit <http://www2.ucsc.edu/counsel> or call 459-2628.

## Where is CPS?

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CPS Central Counseling Offices have been temporarily relocated to Kresge Annex B for approximately 18 months. Kresge Annex B is located in Kresge College on the northwest side of campus. It is next to the Kresge Co-op.

Below is a map of our new location.



## Counseling and Psychological Services

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### Services Available to Students



### CPS

University of California, Santa Cruz  
1156 High Street  
Kresge Annex B, Room 101  
Santa Cruz, CA 95064  
(831) 459-2628

<http://www2.ucsc.edu/counsel>

## Who are the Staff of CPS and How Do We Serve Students?

The CPS staff is an ethnically and socio-culturally diverse group of licensed mental health professionals, predoctoral psychology interns, and post-doctoral fellows with backgrounds in clinical and counseling psychology. CPS services are available at no cost to all currently registered students.

We provide several services and programs that can assist students with issues that may interfere with personal well being and academic success. This brochure summarizes the services and programs that are available to students and the campus community.

## What Services are Available to Students?

**Individual, couples, family counseling/psychotherapy, and referrals:** The type and focus of counseling is determined largely by the particular needs, goals, and personal characteristics of each student. CPS provides time-limited counseling or therapy to UCSC students and significant others, when appropriate. A student's problems are identified during the initial session or within the first few sessions, and goals for problem resolution are reached through collaboration between the student and CPS staff psychologist. Sometimes we find that students may have problems or issues that are more appropriate for counseling or psychotherapy that can be accommodated by

private practice therapists or private counseling agencies in the community. CPS assists students with off-campus referrals by having a current list of licensed private practice therapist and agencies that are appropriate for meeting the needs of students with longer-term issues.

**On-call (crisis) services:** Students who are severely distressed may be seen the same day for urgent or emergency services by contacting our Central Office at Kresge Annex B, Room 101. The therapist on call will assess the situation with the student to determine if immediate counseling services are required or if the student can wait for an initial assessment appointment. Crisis services are available M-F from 9:30-11:30 a.m., and 2:00-4:00 p.m.

**Group counseling:** Group counseling can be an effective way for many students to address their personal and interpersonal issues as well as helpful in promoting personal growth. Group counseling may be the first choice of intervention for issues such as social isolation and lack of emotional support system, or serve as a useful addition to individual, couples, and family counseling. Groups provide an opportunity to share common concerns and experiment with new ways of thinking and behaving by receiving feedback from peers in a safe environment where individual differences are respected. Support groups are available for specific populations and concerns. They can also focus on a wide range of problems that students would like to work on. A list of our current counseling groups is available on the CPS website at

<http://www2.ucsc.edu/counsel> or by calling our Central Office at 459-2628.

## Other Services Available to Students and the Campus Community

**Workshops:** CPS offers psycho-educational workshops that address particular issues, such as stress management, social skills development, and coping with anger. Student organizations or campus units serving students can call the main CPS office at 459-2628 to make requests for specific workshops.

**After-Hours Crisis Service:** The service provides telephone crisis assessment, safety planning, and referrals for UCSC students. Staff, faculty, friends, and family can call for consultation or assistance regarding a student in distress. This service can provide immediate consultation and support by phone regarding a variety of crisis issues and can facilitate the transition to CPS daytime services. It is available M-F between 5 p.m. and 8 a.m., and 24 hours on weekends and holidays by calling (831) 459-2628.

**Consultation:** CPS staff psychologists provide consultation and training to residential and housing staff, student services units, administrative and academic departments, and faculty to assist them in working with community issues and with students for whom they have concern.