

Helping You to Weather Any Storm



CAPS NewsLetter

Fall 2023

uh.edu/caps | 713-743-5454

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Don't Cancel Class! Request a Mental Health Presentation from CAPS

CAPS Access Visits

Need to access counseling services?

Visit us!

In-person

or Call 713-743-5454

Sugar Land
AMG 119

Mondays
1:30-4pm

Wednesdays
9:30a-12:30p

UH Main
Health 2

Weekdays
10a - 4p

All Counseling Services are

FREE

Essential Skills Workshops

Focused Care Hour

Individual Counseling

Couples Counseling

Group Counseling

Support Groups

Care Coordination

Let's Talk

You Can Help a Coog Training

Suicide Prevention Training

Wishing you a great fall semester, Go Coogs!



Counseling and Psychological Services Team

Support Resources All in One Place

Need Help?
Start Here

CoogsCARE

Supporting the mental health and wellness of our faculty, staff and students. Visit the CoogsCARE page to access any support resources you may need.

uh.edu/coogs-care/index



CAMPUS

See what our JED CAMPUS Workgroups have been up to on page 2



Learn skills- Question, Persuade, and Refer (QPR) to prevent suicide
Wednesdays & Thursdays 12pm

Help Us Create a Community of Care



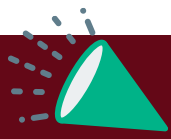


Thank you Workgroups

In 1998, the Satows lost their youngest son, Jed, to suicide. In 2000, the Satows founded The Jed Foundation (JED) to surmount hurdles of mental illness stigma and launched a blueprint for suicide prevention at universities. Today, JED is the nation's leading organization dedicated to young adult mental health. UH became a JED Campus in the Summer of 2022 when the JED Foundation began a comprehensive review of UH.

Over the last 3-4 months, 35+ UH students, faculty & staff volunteered their energy, time and knowledge to the JED Campus Initiative. We accomplished so much in the 1st of this 4 year initiative. Together we finalized You Can Help a Coog Training for the UH community to recognize, respond and refer students to mental health support. We expanded knowledge of peer support programs on campus and look forward to the September launch of Togetherall, a 24/7 peer-to-peer mental health chat support.

JED workgroup members also contributed to Pres. Khator's aggressive internal marketing campaign, identified life skills programming to build students' confidence outside of the classroom, and clarified the process of getting University support to a student who is in distress. This impressive group will continue to address the strategic plan over the next 4 years and welcomes members of the UH community to join.



JED Workgroup Participating Members



Amelia Thomas
Anahi Ortega
Andre Adams
Andrew J Pegoda
Arsiema Gherahtu
Benjamin Rizk
Chris Dawe
Christie Penzien
Cindy Crews
Cindy Paz
Emily Schwass

Erica Castillas
Frances Fisher
Gabriela Landon
Heidi Kennedy
Jen Vardeman
Jon Ruciano
Jyoti Cameron
Kamah Wilson
Karen Jubert
Kim Clark
Leslie Coward

Marti Trummer-Cabrera

Sarah Jaleel
Tyler Luc
Marcus Hicks
Monica Lackups-Fuentes
Megan Rech
Melissa Melendez
Miranda Keating
Norma Ngo
Rachel Whitaker
Rand Khalil
Riya Gorji

Valenti Integrated
Communication Student Group:
Andrea Boudreaux
Becky Alvarado
Celia Bonilla
Chidubem David Onwuchekwa
Melanie Nuñez
Stephanie Gonzalez
Yojaira-Nicol Amaya

Workgroups

Identifying Students at Risk

Mental Health

Substance Use

Social Connectedness

Increase Help-seeking Behaviors

Develop Life Skills

Crisis Management and Restricting Potentially Lethal Means

Join the JED Campus Initiative

