

College of Engineering
Graduate Student Resources

Mental Health and Counseling

CAPS (UGA Counseling and Psychiatric Services)

<https://caps.uga.edu/>



WELCOME TO CAPS

We are committed to providing care that is sensitive and respectful of the needs of our diverse students by providing a safe, inclusive, and affirming environment. All are welcome here.



SERVICES

You are welcome here.

CAPS is committed to inclusion, strives to provide respectful treatment to students of every background, and is a safe and affirming space on campus.



SUPPORTING OUR STUDENTS

UGA is a global community with ties to various regions of the world. CAPS recognizes the traumatic impact that armed conflict can have, even when we are not physically present or directly involved. We are here to help students navigate through these difficult times. Please contact us at **706-542-2273** and ask to speak to a crisis counselor, or view our **array of services**. Employees can visit the **Employee Assistance Program website** or call **1-844-243-4440**.



WELL-BEING & PREVENTION PROGRAMS

Free programs, events, classes, and services hosted by the University Health Center to help UGA students thrive physically, mentally, and socially.

Center for Counseling and Personal Evaluation

<https://coe.uga.edu/directory/counseling-and-personal-evaluation/>

The Center for Counseling and Personal Evaluation (CCPE) is committed to providing behavioral health services to the residents of the Athens area and surrounding communities as well as the UGA faculty, staff, and student population.

The CCPE is an interdisciplinary clinic in which psychology, counseling, pharmacy, and nursing students and faculty collaborate in services to our clients for their whole-person well-being. Pharmacy and nursing staff consult with clinicians regarding general health concerns and assist in medical or medication referrals as needed.

The Love and Money Center

<https://www.fcs.uga.edu/loveandmoneycenter>

The Love and Money Center supports relational and financial well-being for all – through compassionate care, innovative training, and research that advances the field.

Suicide and Crisis Lifeline

<https://988lifeline.org/get-help/>

Using the 988 Lifeline is free. When you call, text, or chat the 988 Lifeline, your conversation is confidential. The 988 Lifeline provides you judgment-free care. Talking with someone can help save your life.

LGBTQ+ Lifeline

<https://988lifeline.org/help-yourself/lgbtqi/>

Like other oppressed communities, LGBTQI+ communities are disproportionately at risk for suicide and other mental health struggles due to historic and ongoing structural violence. This section has information and resources for those looking for help and support for yourself or loved ones who identify within the vast, diverse, and thriving LGBTQI+ communities.

Trans Lifeline

<https://translifeline.org/contact/>

Trans Lifeline is a grassroots hotline and microgrants 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community. We envision a world where trans people have the connection, economic security, and care everyone needs and deserves—free of prisons and police.

Vet Lifeline

<https://vets4warriors.com/>

Vets4Warriors is the nation’s leading 24/7 military peer support program staffed by veterans. We provide immediate, confidential, ongoing support to every member of the US military community, helping before challenges turn into crises.

Fontaine Center

<https://healthpromotion.uga.edu/fontaine-center/>



MANDATORY ONLINE MODULES

AlcoholEdu, Sexual Assault Prevention for Undergraduates, and Mental Well-Being for Students



ALCOHOL & OTHER SUBSTANCE USE PREVENTION PROGRAMMING

Learn about strategies to stay safe in environments where alcohol or other substances are present, answer FAQs about substance use at UGA, and more



RELATIONSHIP & SEXUAL VIOLENCE PREVENTION & 24/7 ADVOCACY SERVICES



SUBSTANCE USE SUPPORT SERVICES

Counseling, Wellness Coaching, educational consultants and more



COLLEGIATE RECOVERY CENTER



ONLINE SELF-ASSESSMENT

Want to check-in on your substance use? This confidential survey will provide feedback about how your drinking, family risk, and community impact your life and future goals.

Wellness coaching

<https://healthpromotion.uga.edu/wellness-coaching/>

Wellness coaching supports an individual's own motivations and strengths. Students will map their path for positive behavior change(s) through a collaborative, unbiased partnership.

A Wellness Coach will work with you to:

- Set and achieve personal goals
- Initiate and sustain wellness behaviors
- Balance dimensions of health and wellbeing
- Learn resilience and coping skills
- Identify potential barriers to change and develop strategies to move forward

UGA's Counseling Referral System (RINTS)

<https://uga.rints.com/>

This online system will allow UGA students, faculty, staff, and non-students to search for mental health providers in the Athens community. This searchable database contains names of therapists and psychiatrists near the UGA campus who have voluntarily submitted their information to the CAPS referral database. These resources are not affiliated with the University, Health Center, or CAPS – neither UGA, the Health Center, nor CAPS guarantees the accuracy, completeness, or timeliness of the information provided, and do not endorse any particular provider listed.

SilverCloud

https://ugeorgia.ca1.qualtrics.com/jfe/form/SV_bKJhdEKT2lpTdbw?Q_CHL=qr

Self-guided online program from SilverCloud helps you learn how to manage stress, teaches better coping skills and more.

Headspace

<https://work.headspace.com/usguga/member-enroll>

Free Mindfulness & Meditation App. Learn to manage feelings and thoughts with the lifelong skill of everyday mindfulness.

Togetherall

<https://account.v2.togetherall.com/register/student>

A safe, free peer-to-peer platform offering an anonymous space to give and get support.

Virtual Counseling Services

<https://healthcenter.uga.edu/digital-mental-health-resources/virtual-counseling-services/>

Connect remotely with a live counselor from anywhere

Thriving Campus

<https://uga.thrivingcampus.com/>

We partner with Thriving Campus to make it easier for you to connect with off-campus mental health care in person and online

University Health Center (UHC) Patient Portal

<https://patientportal.uhs.uga.edu/>

Access your UHC Patient Portal to book an appointment, send & receive secure messages from your provider, and more.