

# Stressed?

**Just not feeling like yourself?**

**Want to feel supported?**

**Check out CAPS!**

If you or a friend needs help, or just needs someone to talk to, visit Counseling and Psychological Services (CAPS). Stony Brook University's team of sensitive, compassionate professionals are available to help students work through any problem or crisis. It's free and confidential.

Walk in 9am-5pm or call us any time, day or night: 631-632-6720

2<sup>nd</sup> floor of the Student Health Center, across from H-Quad.

Also in the HSC, by appointment.

You'll speak to a counselor that day and come up with a plan that works for you. We offer short term individual counseling, couples therapy, group therapy, mindfulness groups, medication management and referrals to other resources. **Questions? Contact us!**

<http://www.stonybrook.edu/caps>

**We're here for you.**

**CAPS**

COUNSELING AND  
PSYCHOLOGICAL SERVICES