

## **What is Counseling and Psychological Services (CAPS)?**

Counseling and Psychological Services (CAPS) offers free and confidential services available to currently enrolled students taking at least six credit hours. Included services are crisis intervention, brief counseling for individuals, couples, and groups; consultation to students, faculty, staff, friends, and parents; assistance with referrals to community resources.



## **What is the Center for Prevention and Outreach (CPO)?**

The Center for Prevention and Outreach (CPO) serves the campus community by educating students, faculty, and staff on factors that place college students at risk and impact their safety. We explore the connections between emotional and psychological wellness and academic success, educate the campus community about campus resources, foster safety through the prevention of violence and the promotion of healthy relationships, and support the psycho-educational development of all students.