

# COUNSELING AND PSYCHOLOGICAL SERVICES

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CAPS strives to be warm and welcoming and to represent the needs of our unique and diverse student population. We provide a range of programs to promote mental health, emotional resilience, and wellness throughout the campus community. Our clinical services include individual, couples, and group therapy; walk-in/virtual walk-in, urgent consultations; and outreach, education and training to campus community. All of our clinical services are provided by diverse and multiculturally competent licensed professional clinicians and supervised interns. Services are FREE to ALL registered students regardless of insurance.

## Mission Statement

Listen, Support, Educate and Empower. CAPS provides mental health and crisis response services by licensed professionals that promote healthy relationships, student success, personal growth, and psychological wellbeing of our diverse student body, in support of a healthy campus community.

## Accreditation

CAPS is accredited by the International Accreditation of Counseling Services (IACS). IACS is committed to advancing quality in student mental health care on higher academic campuses worldwide. Accreditation from IACS confirms the highest standards are being met, validates professional excellence, and distinguishes

standout counseling centers. CAPS also has an APA accredited Training program. The American Psychological Association (APA) accreditation process promotes consistent quality and excellence in education and training in health service psychology.

## Program Highlights

- In-Person and Online Counseling
- Group Therapy
- Education and Outreach
- Psychiatric Services

## Dedicated to Student Success

We provide a range of programs to promote mental health, emotional resilience, and well-being throughout the campus community. We provide direct clinical services to UCR students; outreach, education and training on mental health and well-being to the entire campus community.

## STUDENTS SERVED

OVER 2,400  
STUDENTS RECEIVING TREATMENT

11,000  
APPOINTMENTS MADE  
(2019-20)

## QUICK FACT

CAPS emerged in 1963. The aim was to “aid students in becoming maximally effective, adaptive, and comfortable as students and as persons.” The focus of the work at UCR was individual counseling, group counseling, testing services, study skills seminars, and an occupational library. We look forward to celebrating our upcoming 60th in 2023.