

STUDENT RESOURCES

Counseling and Psychological Services (CAPS)

CAPS offers confidential counseling **free of charge** to all UNO students. Students may receive **8-10** sessions per specific issue they may face (e.g., anxiety, stress, coping). The main office is in **H&K 101**. Call **402.554.2409** Mon - Fri, 8 A.M. - 5 P.M. to schedule (*press option 2 for after hour crisis or call 988*).

FIND THE RIGHT SPECIALIST

- ✓ As a UNO student, you have access to **free** counseling and other services in person, via phone, and telehealth
- ✓ There may be a long wait for your first visit, so speak up if you need to see someone right away. If it's a non-emergency, remember there are things you can do and support you can seek while you wait
- ✓ If the first therapist you see isn't a good fit, keep looking for one who works for you (meet the staff).



REMEMBER!

- > You're not limited to UNO providers (see other ways to find a provider).
- > UNO uses a short-term therapy model (**8-10 free sessions**) but has a large referral network to help students needing long-term support

MAKE YOUR FIRST APPOINTMENT COUNT



Fill out paperwork online or arrive 15 min early to do so



Be clear about what you want and need to get better



Your 1st appointment will consist of a 90 minute intake assessment though a conversation to gather info about your presenting concerns



After the assessment, staff will discuss the best course of action for you (short-term within CAPS), community referral, referral to group, etc.)

ASK QUESTIONS



How long have you been practicing? Why did you choose this field?

Do you think this a good fit?

What can I do between appointments if I need help?

What will regular therapy sessions look like? How often should we meet?

How long do you think it'll take for me to see noticeable improvement?



STAY INVOLVED & LIVE WELL

- 🌱 Remember that you have control over living well
- 🌱 Find a routine that works best for you that includes a healthy diet, movement, and regular sleep patterns
- 🌱 Stay close to your support network. Engage family, friends, classmates, teammates, and your faith community
- 🌱 Be realistic and mindful of your needs and know your limits



GETTING THROUGH IT

- > Keep a wellness log & monitor progress
- > Stick with it; most therapies & medications take time to work
- > Ask for changes if plan is not working for you & be an active partner in the process

Eight Dimensions of Wellness

Learn how to keep your whole person healthy by exploring UNO's resources for each indicator below.



[Emotional Wellness](#)



[Environmental Wellness](#)



[Financial Wellness](#)



[Intellectual Wellness](#)



[Occupational Wellness](#)



[Physical Wellness](#)



[Social Wellness](#)



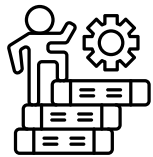
[Spiritual Wellness](#)

Take a Mental Health Test

[Mental Health America Online Screening Tests](#) | [MindWise Innovations](#)

Graduate School Success: Essential Insights

Explore [UNO's resources](#) on how to navigate graduate school and other resources listed below.



Academic/Organizational Resources

Need help staying organized and productive in grad school? Explore these tips on staying organized, discover must-have apps, and making the most of your studies and service learning experiences.

[How to Read and take Notes Effectively](#) | [Reading, Processing, & Participating](#)

Organization: [How to Stay Organized in Grad School](#) | [Insider Tips for Staying Organized](#)

Useful Apps to Use for Graduate School: [Useful Must Haves](#) | [Apps to Boost Productivity](#) | [Tech For Success](#)
[Getting the Most Out of Your Practicum & Internship](#)



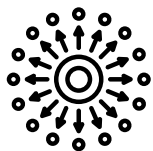
Work/Life Balance Resources

Feeling overwhelmed with classes, finals, and life? Delve into our toolbox for tips on managing it all.

Grad Student How-To: [Juggling It All](#) | [Time Management](#) | [Surviving Finals](#) | [Mastering Your Ed.S. Research](#)
[UNO Wellness Coaching](#)

[Tips to Help You Get Back on Track](#)

[A Guide to Self-Care](#) | [Self Care Tips for Finals Week](#)



Miscellaneous Resources

Looking for community and support? Explore student groups, cultural programs, and other resources.

Finding Your Community: [UNO Support Groups](#) | [Student Organizations](#) | [Cultural Programs](#)

[The Jed Foundation's Mental Health Resource Center](#)