UNL students:

Regardless of your stance or political affiliation, results of the election may have brought up many feelings such as sadness, confusion, anger, fear, frustration and hopelessness. Our Counseling and Psychological Services staff is here if you need to discuss those feelings.

We offer individual therapy and immediate appointments if needed. We also have drop-in support groups, including:

- Latina group
  - Thursdays, noon – 1 p.m.
  - Women’s Center, Room 338
- LGBTQA+ group
  - Mondays, 5 – 6 p.m.
  - University Health Center, Conference Room C

Visit health.unl.edu/caps for more information on our services.

We want our ENTIRE student body to know we are always here for you.

University Health Center CAPS staff

CAPS MISSION
The cornerstone of Counseling and Psychological Services’ mission is to be inclusive in providing services to all students. As a multicultural and diverse organization, CAPS strives to identify and meet the needs of a diverse student population. As a staff, we define cultural diversity as personal or social identities based in cultural, individual, group or role differences including, but not limited to, those based on race, ethnicity, age, sexual orientation, mental health status, relational and family status, religion, spirituality, language, nationality, citizenship status, social class, economic status, veteran status, disability and ability, gender identity and expression, body type and size, as well as diverse ideas, values, lifestyles and political ideology. The success of every student is our goal, and to meet that goal, we attend to the multiple identities of our students and seek to make CAPS an inclusive, safe space for all. We are aware of the specific needs that must be filled for students who embody these identities, and more than being aware of all these issues, we seek to provide students with services that will allow them to strive for the success that every student deserves.