

Counseling and Psychological Services

ONLINE RESOURCES

Links for Students

CAPS Homepage: <https://counseling.oregonstate.edu>

Crisis Resources: <https://counseling.oregonstate.edu/crisis-resources>

Summary of Services: <https://beav.es/wbL>

How to Access Services: <https://beav.es/UHp>

Single Session Clinic: <https://beav.es/3uQ>

Interpersonal Violence Services: <https://beav.es/w6Z>

Togetherall: <https://counseling.oregonstate.edu/togetherall>

Schedule a consultation for counseling: <https://beav.es/wNu>

Support & Therapy Groups: <https://counseling.oregonstate.edu/groups>

The Mind Spa: <https://counseling.oregonstate.edu/mind-spa>

Mindfulness Resources & Meditation Group: <https://counseling.oregonstate.edu/mindfulness>

Kognito for Students (Recognizing & Supporting Students in Distress): <https://beav.es/ZD3>

Links for Faculty & Staff

CAPS homepage: <https://counseling.oregonstate.edu>

CAPS Faculty & Staff Portal: <https://counseling.oregonstate.edu/facultystaff>

Student Care Folder/Care Team: <https://studentlife.oregonstate.edu/student-care-team>

Request Form for Non-Urgent Consultation: <https://beav.es/wQB>

Request a Workshop/Presentation: <https://beav.es/UkU>

Mindfulness Resources & Meditation Groups: <https://counseling.oregonstate.edu/mindfulness>

Do-It-Yourself Workshop Materials: <https://beav.es/wPx>

Kognito for Employees (Recognizing & Supporting Students in Distress): <https://beav.es/wQb>