Stepped Care Model
CAPS works within a “Stepped Care Model” to provide a variety of services to meet the diverse concerns of the CSUF student population. We are here to help in any range of clinical needs, from normal developmental changes to more serious or on-going mental health concerns. Learn what CAPS has to offer and what services best fit you!

For more information, please visit fullerton.edu/caps/services/appointments/.

Flourishing During Finals: Be Less Stressed During Finals
Monday: 5/1 (10 AM - 11 AM)
Titan Hall 1334
Tuesday: 5/9 (3 PM - 4 PM)
Titan Hall 1334
Wednesday: 5/3 (11 AM - 12 PM)
bit.ly/3Mc75ME
Wednesday: 5/10 (2 PM - 3 PM)
bit.ly/3ztVRLP

Wellness Room
Titan Hall 1334 | MON - FRI (10 AM - 4 PM)
CAPS Wellness Room activities include nap pods, massage chairs, mindfulness meditation space, and yoga.

Graduating Seniors
Adjusting to Life after College and Navigating through Career Exploration
May 10th (10 AM - 11 AM)
Career Center LH 208

24-Hour Mental Health Crisis Service
Students can call (657-278-3040) any time.

Drop-in Groups & Wellness Workshops
Drop-Groups do not require an appointment. Just show up to the topic that interests you most!
Wellness Workshops are designed for students to gain skills on sleep, and thought.

For more information, visit bit.ly/3Vhxz1R

Case Management Workshop
Get help identifying and locating resources in the community to meet your needs.
May 9 & May 16 (3 PM)
Zoom ID: 839 2512 3733