



MENTAL HEALTH

CAPS COUNSELING & PSYCHIATRIC SERVICES

What is it? Counseling services for stress, anxiety, depression, relationship and family issues, or anything else.

How do I find it? Go to [Sarah Brunet Hall](#) to make an appointment or go to the [Richmond website](#)

M.A.P. MANAGING ANXIETY PROGRAM

What is it? Once a week class for 4 weeks on dealing with anxiety and stress

How do I find it? Hosted by CAPS in [Sarah Brunet Hall](#)

CONCERNED ABOUT A FRIEND OR YOURSELF?

What is it? Anonymous online form to solicit administrative support for yourself or a friend

How do I find it? Go to the [UofR website](#) > [Student Life](#) > [Wellness](#) > [Concerned about a student?](#)
You'll be referred to either the Threat Assessment Team (TAT) or the Behavioral Intervention Team (BIT).

SEXUAL MISCONDUCT REPORTING

What is it? Anonymous online form to report incidents of sexual misconduct

How do I find it? Go to the [UofR website](#) > [Student Life](#) > [Wellness](#) > [Sexual Misconduct](#)

PSMA PEER SEXUAL MISCONDUCT ADVISORS

What is it? Confidential students who are emotional support resources and trained in Title IX

How do I find it? psma@richmond.edu

RAs AND AREA COORDINATORS

What is it? Students and administrators responsible for the wellbeing of UofR residents

How do I find it? [Talk to your RA](#) OR [Go to the Dean's Office](#)

ACTIVE MINDS

What is it? Student club acting as a support, informational, and mental health advocacy group

How do I find it? hannah.dunn@richmond.edu

DID YOU KNOW?

The number of CAPS clients has **DOUBLED** in the last decade.

About **25% of UR undergrads** meet screening criteria for depression and anxiety.

ANXIETY & STRESS are the most common reasons a student goes to CAPS.