



1 MENTAL HEALTH SERVICES POLICY

2 STUDENTS HAVE THE RIGHT TO TIMELY MENTAL HEALTH SERVICES THROUGH THE
3 COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS). TO SUPPORT TIMELY
4 ACCESS TO CAPS SERVICE, IT IS RECOMMENDED THAT THE UNIVERSITY MAINTAIN
5 OR EXCEED THE RECOMMENDED RATIO OF CAPS THERAPISTS TO STUDENTS, AS
6 RECOMMENDED BY THE APPROPRIATE ACCREDITATION BODY. AUXILIARY
7 MENTAL HEALTH PROGRAMS SHOULD COMPLEMENT BUT NOT REPLACE
8 INDIVIDUAL AND GROUP THERAPY SERVICES.

9 REDUCING BIAS AND THE STIGMA AROUND MENTAL HEALTH IS A UNIVERSITY-
10 WIDE EFFORT. FACULTY AND STAFF ARE ENCOURAGED TO REVIEW CURRENT
11 CAPS SERVICES AND TO PARTICIPATE IN MENTAL HEALTH FIRST AID TRAINING TO
12 LEARN HOW TO TALK TO A PERSON EXPERIENCING A MENTAL HEALTH PROBLEM.
13 IT IS RECOMMENDED THAT PUBLIC SAFETY PARTICIPATE IN TRAINING THAT
14 ENCOURAGES THE DE-ESCALATION OF PHYSICAL CONFRONTATION DURING
15 PSYCHOLOGICAL CRISES CAN BE FOUND AT THE FOLLOWING:

16 COMMUNITY CARE WEBSITE:

17 [HTTPS://WWW.CALSTATELA.EDU/COMMUNITYCARE](https://www.calstatela.edu/communitycare)

18 CAPS WEBSITE

19 [HTTPS://WWW.CALSTATELA.EDU/STUDENTHEALTHCENTER/CAPS](https://www.calstatela.edu/studenthealthcenter/caps)