

CAPS Services

- **24/7 emergency telephone lines for mental health and sexual violence:**
Call (812) 855-5711, option 1

- **Free Zoom workshops on mindfulness, stress & other topics:**

Calendar of all online events: <https://events.iu.edu/healthcenteriub/>

- Weekly LIVE Zoom workshops, Thursdays 4:30-5:30pm with Liv Mercer, M.S.
 - ➔ Thursday 4/23, **Topic—Time Management**
 - ➔ Thursday 4/30, **Topic—Stress Management**
- Weekly LIVE Zoom Mindfulness workshops:
Tuesdays and Wednesdays, 4:00-5:00pm with Kel Thomas, Ph.D.
Advanced Mindfulness, Fridays 11:00am-12:00pm with Ian Arthur, M.S.

- **Wellness Wheel Resources:**

Find a better balance in your life using these eight dimensions of wellness and lots of resources to improve each area: social, physical, emotional, occupational, spiritual, intellectual, environmental, and financial.

<https://healthcenter.indiana.edu/health-answers/psychological-stress/wellness-wheel.html>

- **WellTrack – online interactive self-help resources for stress, anxiety and depression**

Download the free WellTrack app in the Google Play Store and Apple App Store or use the web version

<https://welltrack.com/> and sign in using your IU email address.

- **Individual counseling via telephone or video: Call (812) 855-7688, option 2 to schedule**

- **Online Groups** - student should call (812) 855-7688, option2 and schedule an individual counseling appt, if they're interested in joining a group:

Free Support Groups: Dissertation Support, Healthy Relationships, Grief Support, Chronic Illness, Gender Expressions/Queer Space

- **Consultation with CAPS staff regarding students of concern**

- For immediate concerns, call (812) 855-5711 and select option 1
- For concerns that can wait up to 24 business hours, call (812) 855-5711 and select option 3 to leave a message



HEALTH CENTER

COUNSELING AND PSYCHOLOGICAL SERVICES

Division of Student Affairs

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Bloomington, IN 47401
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