

How do I cope?

These are trying times. Many of us are experiencing grief and sadness over the death or displacement of relatives, friends, and pets. Familiar neighborhoods, landmarks, hangouts, and cherished possessions have been destroyed. Feelings of guilt over being in better circumstances or in having escaped the direct effects of the hurricanes are common. You may be unable to concentrate and keep up with academic and work deadlines, because you are distracted by problems associated with rebuilding. The hurricanes may have left you, at times, feeling overwhelmed and powerless. If you are experiencing social withdrawal or intense feelings that are affecting your personal, academic and work activities, it is important to get professional help. You should not be ashamed or embarrassed to ask for assistance. CAP can help you find ways to cope.



Where is CAP located?

The Campus Assistance Program is located on the eight floor of the Clinical Education Building, Office 866
1542 Tulane Avenue
New Orleans, LA 70112

For more information, call

504.568.8888

or visit the CAP website at

[Http://www.lsuhscenter.edu/no/organizations/campushealth/ceap.htm](http://www.lsuhscenter.edu/no/organizations/campushealth/ceap.htm)

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**LSU Health
Sciences Center
New Orleans**

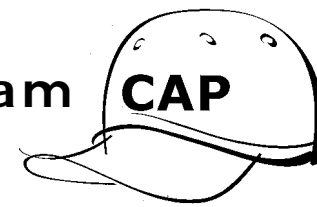
Campus Assistance Program

Looking for Help?



**Call
504.568.8888**

The LSUHSC-NO Campus Assistance Program



What is CAP?

The Campus Assistance Program (CAP) is a free service provided by LSU Health Sciences Center at New Orleans (LSUHSC-NO) to assist faculty, staff, residents, students, and employees in the resolution of personal problems.

The Health Sciences Center recognizes that everyone occasionally needs a helping hand. CAP provides assistance for both simple and complex problems. CAP can help you deal with problems in the following areas.

- Family and Marital
- Interpersonal
- Mental Health
- Alcohol and Drugs
- Workplace Conflict
- Legal Referrals
- Financial Referrals



Personal problems can have a negative impact on your job and school performance. These problems can affect your concentration, morale, energy level, as well as the overall effectiveness of your role as an employee or student. It is CAP's mission to prevent problems from affecting your job or school performance. CAP is available to help not to pry. Early attention to such personal problems can often avoid costly, burdensome consequences.

How does the program work?

If you or an immediate family member has a problem for which you need assistance, you can call CAP. A counselor will discuss your problem over the telephone or set a time to meet with you personally.

Any problem, regardless of severity, that is interfering with your peace of mind or personal effectiveness is appropriate to bring to CAP.

What services are available?

24-Hour Crisis Line: A counselor is on call 24 hours a day to assist in times of crisis.

Community Information: The Campus Assistance Program maintains up-to-date lists of community treatment programs, agencies, and resources. If you are looking for a community resource, CAP will work with you to find the best community resource available to meet your needs.

Problem Assessment: A counselor will help you clarify the nature of your problem and assist you in developing a plan to resolve your problem.

Short Term Counseling: Short-term counseling for problem clarification is available through CAP. If after talking with the counselor, a referral to a specialist within the community is needed, one will be made for the best cost-effective treatment for your problem.

What does the program cost?

There is no fee for your contact with CAP. The Health Sciences Center values you and provides the Campus Assistance Program as a benefit for all students and employees.

If a referral to an outside agency is appropriate, CAP counselor will review your ability to pay for those services. Following the review, you will be referred to the best outside agency for help, at the least expense to you. If a referral is made to a resource outside of CAP, the cost of that service is your responsibility and may be covered by your health insurance.

Are my records confidential?

Any contact that you have with CAP is confidential, whether that contact is by telephone, email, or personal appointment. All client information and records are **STRICTLY CONFIDENTIAL** and available only to CAP staff.

How can I call CAP?



If you would like more information about the Campus Assistance Program or if you would like to make an appointment to talk to a CAP counselor, call 504.568.8888.