

## SUPPORT RESOURCES

### **Counseling and Psychological Services (CAPS)**

<http://caps.ku.edu/>

785-864-2277

CAPS can help students with issues related to adjusting to college and other psychological, interpersonal, and family problems. Individual and group sessions are available.

### **Ombuds Office**

<http://ombuds.ku.edu/>

785-864-7261

The University Ombuds office is a safe place where members of the KU community can seek informal, independent, confidential, and impartial assistance in addressing conflicts, disputes, or complaints without fear of retaliation or judgement.

### **Headquarters Counseling Center**

<http://www.headquarterscounselingcenter.org/>

785-841-2345

Headquarters is passionate about making sure that emotional support and safety are available to kids, teens, and adults. They work hard for the Douglas County community, and for the state of Kansas.

### **Bert Nash Community Mental Health Center**

<https://bertnash.org/>

785-843-9192

Bert Nash is a nonprofit community mental health organization offering a wide range of outpatient services. A licensed, comprehensive mental health facility committed to providing research-based services to improve the lives of Douglas County residents.

### **Sexual Trauma & Abuse Care Center**

<http://stacarecenter.org/>

785-843-8985

Started in 1972 as the first rape crisis center in Kansas, The Sexual Trauma & Abuse Care Center promotes a culture of consent while providing 24/7 support to people of all ages and genders affected by sexual trauma & abuse in Douglas, Franklin, and Jefferson Counties.

### **Willow Domestic Violence Center**

<http://www.willowdvcenter.org/>

785-331-2034

Restoring the health and safety of survivors of family and domestic violence. The Willow Domestic Violence Center strives to eliminate family and domestic violence in our communities by providing safety, education, and advocacy. All services are free and confidential and available to all residents of Douglas, Franklin, and Jefferson counties in Kansas.