

HOURS & APPOINTMENTS

Regular Business Hours

Monday to Friday: 0830 – 1700

Walk-In Hours

Monday: 1400 – 1600
Tuesday: 1400 – 1500
Wednesday: 1500 – 1600
Thursday: 1400 – 1500
Friday: 1200 – 1300

To make an appointment

Contact CAPS via telephone
(707) 654-1170

For questions or more
information, please contact:

Dr. Ian Wallace
(707) 654-1174
iwallace@csum.edu

Emergency Services

For the After Hours Assistance Line call (707) 654-1170 and press 1. If you have a concern about your safety or the safety of others, please use the Emergency and Crisis Contact numbers listed on the back of this brochure.

Emergency and Crisis Contacts

- Solano County Mental Health Crisis Stabilization Unit, (707) 428-1131
- Campus Police, (707) 654-1111
- Sutter Solano Medical Center, Vallejo
300 Hospital Drive, (707) 554-4444
- Vallejo Police Department Emergencies,
(707) 552-3285
- Call 911
- National Suicide Prevention Lifeline,
1-800-273-TALK (8255)
- Rape & Intimate Partner Violence
(707) 557-6600

** All services listed are available 24 hours a day **

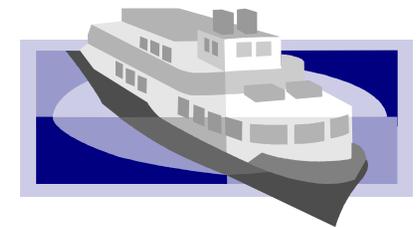
COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

Student Health Services
200 Maritime Academy Drive
Vallejo, CA 94590
(707) 654-1170 | Fax (707) 654-1171
<https://www.csum.edu/web/health-services/counseling-services>



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"Safe, Supportive, and Steadfast"

WONDERING IF YOU COULD BENEFIT FROM COUNSELING?

Counseling Services can help increase well-being and maximize your educational potential.

WHAT IS COUNSELING?

Counseling and Psychological Services (CAPS) offers consultation, mental health assessment, counseling, crisis support, education, prevention, outreach, and linkage to community resources at no additional charge to Cal Maritime students. CAPS provides assistance to students experiencing personal, educational, interpersonal/relationship, family, social, and psychological difficulties.

- CAPS is available to assist you in resolving personal difficulties to help promote both personal well-being and academic development.
- All students currently enrolled are eligible for services and there is no charge.
- Student can contact CAPS directly at (707) 654-1170 to schedule an appointment or do so in person at Student Health Services. Students may also contact CAPS for consultation as needed regarding personal concerns or for concerns regarding peers.
- Consultation services are available to faculty and staff who may have questions or concerns regarding students.

COMMON STUDENT CONCERNS

- Anxiety, stress, and depression
- Improving academic performance
- Family or relationship concerns
- Career counseling
- Consultation and referral to area resources
- Concerns about family or friends
- Sexual, emotional, or physical abuse
- Grief or loss
- General concerns about emotional well-being

(Please note, this is just a sample of the issues for which students may seek services.)

CONFIDENTIALITY

All interactions with CAPS at CMA, including scheduling and attendance for appointments, content of your sessions, and your records are confidential as determined by federal (i.e., HIPAA) and state laws, as well as professional codes of ethics. No record of your involvement with CAPS is contained in any academic, educational, or job placement file. You may request in writing that the office staff release specific information about your services to persons you designate.

ABOUT THE PSYCHOLOGIST



Ian Wallace, PhD is a licensed psychologist providing individual, couples, and group counseling, as well as referral, consultation, and crisis services. Dr. Wallace earned a doctoral degree in Counseling Psychology from Virginia Commonwealth University (VCU), an M.A. in Clinical Psychology from Pepperdine University, and a B.A. in Psychology from The College of New Jersey.

Dr. Wallace has been providing counseling services since 2001. He has worked in inpatient and outpatient mental health, medical settings, as well as at other college counseling centers such as UC Berkeley, Fresno City College and VCU. Additionally, Dr. Wallace has over 5 years of teaching experience with Argosy University, Diablo Valley College, and VCU. His areas of expertise include college counseling, marriage and family therapy, health psychology, as well as health promotion program development and implementation.