

Got Stress?

Job and school stress come in different forms and affect your mind and body in different ways. Small things can make you feel stressed, such as computers not working properly or phones that won't quit ringing. Major stress comes from having too much or not enough work or doing work that doesn't satisfy you. It's normal to have some stress. Stress can be useful when you need to focus on or finish a big project. However, too much stress or being under stress for too long isn't good for you. Constant stress can make you more likely to get sick more often. It can also lead to long-term health problems such as heart disease, high blood pressure, back problems and depression. Signs of stress include: headaches, trouble sleeping, problems concentrating, short temper, upset stomach, job dissatisfaction and low morale. CAP can help you identify healthy ways to reduce stress.

Where is CAP located?

The Campus Assistance Program is located on the second floor of the Human Development Center, Suite 233
411 S. Prieur Street
New Orleans, LA 70112

For more information,
contact CAP staff at:

504.568.8888

cap@lsuhsc.edu

or visit the CAP website at

<http://www.lsuhscc.edu/orgs/campushealth/cap.aspx>

LSU Health
NEW ORLEANS
Campus Assistance Program
Human Development Center, Suite 233
411 S. Prieur Street
New Orleans, LA 70112

**LSU Health
Sciences Center
New Orleans**

Campus Assistance Program

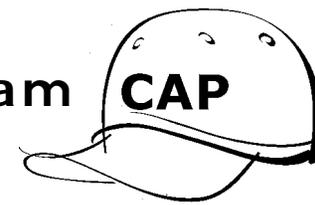
Looking for Help?



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.