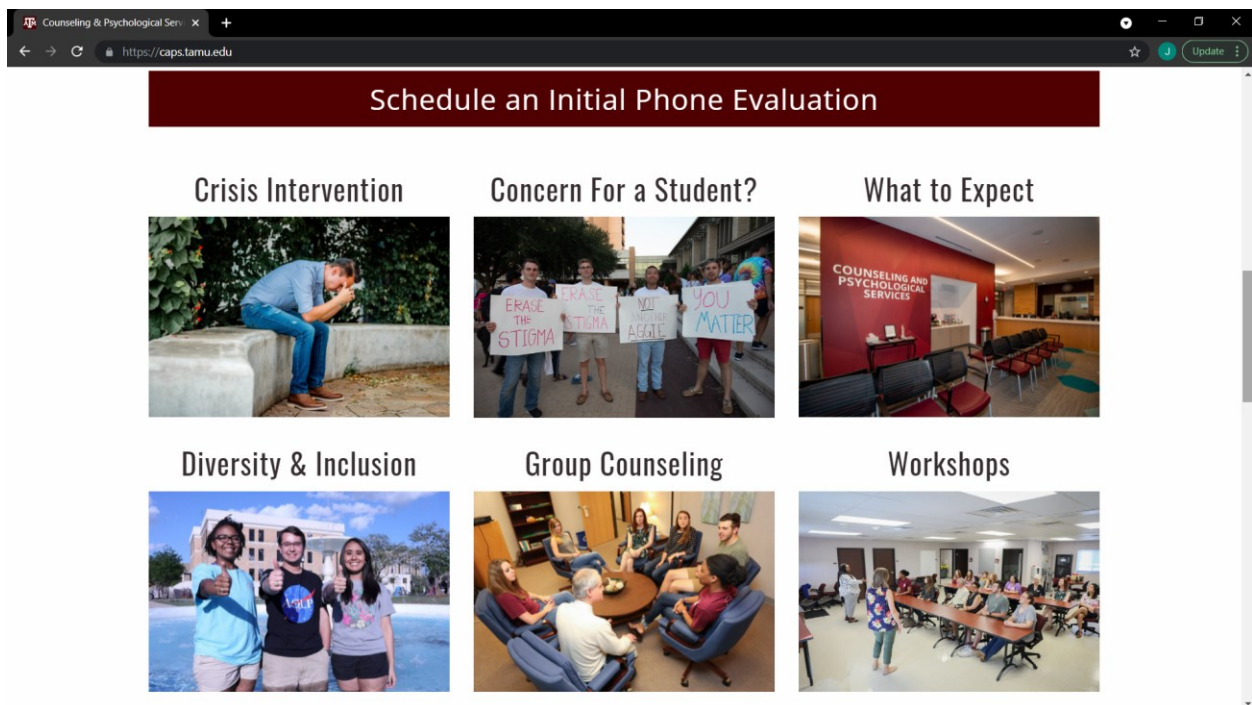


# How To Process Grief!

Having trouble dealing with loss?  
Need someone to talk to?

Did you know we have campus resources that can help!?!

Contact TAMU CAPS Today!



The screenshot shows the TAMU CAPS website with a dark red header that reads "Schedule an Initial Phone Evaluation". Below the header are six service categories, each with a representative image:

- Crisis Intervention**: A man sitting on a ledge, looking distressed.
- Concern for a Student?**: A group of people holding signs that say "ERASE THE STIGMA", "PLEASE ERASE THE STIGMA", "YOU AGGIE", and "YOU MATTER".
- What to Expect**: A waiting area with chairs and a sign that says "COUNSELING AND PSYCHOLOGICAL SERVICES".
- Diversity & Inclusion**: Three diverse students giving thumbs up.
- Group Counseling**: A group of people sitting around a table in a circle, engaged in a discussion.
- Workshops**: A large group of people sitting at long tables in a room, participating in a workshop.

- Visit [caps.tamu.edu](https://caps.tamu.edu)
- Schedule an appointment

Student Services Building, 4th Floor  
471 Houston St. | 1263 TAMU  
College Station, TX 77843-1263

P: 979.845.4427  
F: 979.862.4383  
[caps@caps.tamu.edu](mailto:caps@caps.tamu.edu)

You Are Not Alone!