

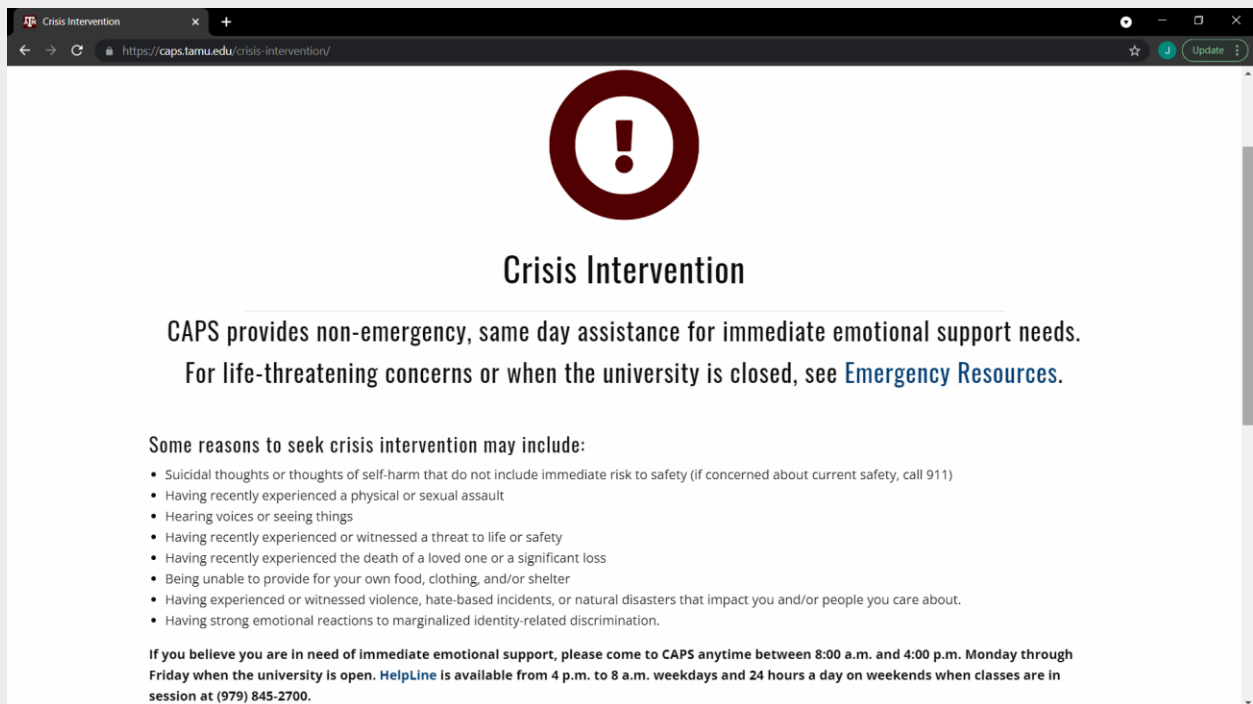
Coping with Grief

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We all face difficult situations at different times in life, and the loss of a friend or family member can be tough to manage while attempting to focus on school, work, and more. At Texas A&M, students can receive support from Counseling & Psychological Services – <https://tamu.caps.edu>

If you are processing the loss of a loved one and need immediate emotional support, you can visit the CAPS office on the 4th Floor of the Student Services Building, located at 471 Houston St. | 1263 TAMU, from the hours of 8am – 4pm on weekdays. A helpline is also available at (979) 845-2700.

The center offers a variety of support to students dealing with hardship. Please see the screenshot below for a list of services offered by CAPS:

A screenshot of a web browser showing the CAPS Crisis Intervention page. The browser address bar displays "https://caps.tamu.edu/crisis-intervention/". The page features a large red exclamation mark icon in a circle at the top center. Below the icon, the text reads "Crisis Intervention" in a bold, black font. Underneath, it states "CAPS provides non-emergency, same day assistance for immediate emotional support needs. For life-threatening concerns or when the university is closed, see [Emergency Resources](#)." A section titled "Some reasons to seek crisis intervention may include:" lists several bullet points: "Suicidal thoughts or thoughts of self-harm that do not include immediate risk to safety (if concerned about current safety, call 911)", "Having recently experienced a physical or sexual assault", "Hearing voices or seeing things", "Having recently experienced or witnessed a threat to life or safety", "Having recently experienced the death of a loved one or a significant loss", "Being unable to provide for your own food, clothing, and/or shelter", "Having experienced or witnessed violence, hate-based incidents, or natural disasters that impact you and/or people you care about.", and "Having strong emotional reactions to marginalized identity-related discrimination." At the bottom of the page, it says "If you believe you are in need of immediate emotional support, please come to CAPS anytime between 8:00 a.m. and 4:00 p.m. Monday through Friday when the university is open. [HelpLine](#) is available from 4 p.m. to 8 a.m. weekdays and 24 hours a day on weekends when classes are in session at (979) 845-2700."

If you do not require services offered by CAPS but know someone who might benefit from the center, please pass along this information.

Aggies support each other.

You are not alone.