CAPS Statement to Current Events in Gaza

UR CAPS mindfully acknowledges current events in Gaza. Sadly, again in solidarity, we show empathy for persons who may be trying to locate and connect with loved ones. We grieve the injuries and loss of life, the separation of families, the social injustices, the devastation and atrocities associated with war. CAPS continues to recognize the intersection of identities of people from every demographic of every race, religion and ethnicity who may be affected by the current events. We are here for our Spiders from those regions and from other warring factions around the world, whose lives may be adversely impacted by these traumatic events. Events like these may cause a flood of myriad emotions, including the re-experiencing of trauma and increased anxiety for some. These are all normal reactions to abnormal events. It is not uncommon during such times to rely on unhealthy coping habits. CAPS can help with these concerns.

If you are experiencing distress regarding these events please call the CAPS office directly at 804-289-8119 M-F from 8:30-4:30. After hours please reach out to your Area Coordinator for support or call URPD immediately at 804-289-8911. Also, please be reminded of the following support services:

1. CAPS services: register online or complete the AR form for existing clients of CAPS.
2. TimelyCare – with 24/7 TalkNow feature for any student here on campus and abroad who would benefit from on-demand access to a mental health professional.
3. Though the student health insurance, there is also Healthiest You for counseling services as well.