

LAFENE CAPS

Counseling and Psychological Services

1105 Sunset Avenue, Room 101

Manhattan, KS 66502

Phone: 785-532-6927

Located in the lower level of Lafene Health Center

www.k-state.edu/counseling



Lafene CAPS provides therapy and mental health counseling to students, and consultation/education to the K-State community to enhance student success. We provide culturally-competent services and welcome diversity in all its forms.



myLAFENE+ portal

Lafene CAPS is open weekdays from 8 am to 5 pm.

Initial consultation appointments to discuss presenting concerns and treatment options can be scheduled by walking in, visiting the myLAFENE+ portal (scan the QR code on the left), or by calling our office (785-532-6927).

Services:

- ▶ Group therapy is the preferred therapy option for students wanting to learn coping skills or better understand how they relate to and impact others.
- ▶ CAPS offers workshops that teach skills related to stress management, getting better at relationships, managing difficult thoughts and emotions, mindfulness, and more. Workshops are only available asynchronously this semester. Students can sign up for workshops on the myLAFENE+ portal or by calling 785-532-6927.
- ▶ Enrolled students may receive a limited number of individual therapy sessions each semester at no charge.

Groups



TELUS Health

After hours, mental health consultation is available 24 hours a day, 7 days a week, by calling 785-532-6927. Kansas State University has partnered with TELUS Health Student Support to offer FREE, confidential 24/7 support via chat and phone.

