

A GUIDE TO BLACK CAPS

AT STANFORD UNIVERSITY



WHAT IS BLACK CAPS?

Black CAPS is a term of endearment coined by Black Stanford students in 2013 as the BLM movement was growing across college campuses. Black CAPS is a rotating collection of clinicians (interns and staff) who have time reserved in their schedules to serve the mental health needs of Black students across the African Diaspora.



HOW CAN BLACK CAPS BE USEFUL TO ME?

This is mental health care that is for us and by us. It's a space for you to process your emotions and learn strategies to handle any struggles you may be working through.

WHO IS ON BLACK CAPS CURRENTLY?

Danielle Amajoyi
LCSW



Staff Therapist
Specialized training in topics regarding gender and sexuality.

LaWanda Hill
PhD



Staff Therapist
Specialized training in topics regarding gender and sexuality.

Dr. Meag-gan
PhD



Staff Psychologist
Specialized training in high achiever stress: stereotype threat, imposter syndrome, perfectionism, and procrastination.

HOW DO YOU NAVIGATE BLACK CAPS VIRTUALLY?

There is not a dedicated website for Black CAPS specifically, but you can find all of the general info for CAPS (including *how to schedule an appointment*) at vaden.stanford.edu/caps.



HOW DO I GET IN TOUCH WITH BLACK CAPS?

To get in touch with Black CAPS, you can sign up for a standard appointment through CAPS. If you have not seen CAPS previously, you can call 650.723.3785 between 9 a.m. and 4 p.m. PST every weekday to speak with an access clinician. While signing up, you can communicate if you would like to work with a Black CAPS clinician.

