

PSYCHOLOGICAL ASSESSMENT AND GUIDANCE SERVICE (SEAP)

SERVICIO DE EVALUACIÓN Y ASESORAMIENTO PSICOLÓGICO



01. THE SERVICE

The Psychological Assessment and Guidance Service was created with the mission of providing comprehensive psychological support to the student and staff community of UCAM.

The SEAP is a free university service for initial psychological support whose main objective is to offer a brief professional assessment (approximately 4 sessions) of the emotional, personal or academic difficulties that may be affecting the well-being of students and university staff.

It provides a safe, confidential, and evidence-based space to understand what is happening, explore the factors involved, and guide the person toward the most appropriate resources based on their needs.

What does the service offer?

The SEAP focuses its function on initial assessment and guidance, without therapeutic intervention.

Specifically, it offers:

- **Brief psychological assessment:** intake interviews that allow understanding the reason for consultation, the context and the factors that contribute to the distress.
- **Evidence-based guidelines and recommendations:** initial strategies for managing the problem while accessing the appropriate specialized resource.
- **Academic guidance from a psychological perspective:** managing academic stress, blocks, difficulties in concentration or adaptation.
- **Information on available resources:** support to identify what type of professional or service best suits the situation (clinical psychology, psychiatry, social services, academic guidance, etc.).
- **Responsible referral:** when it is detected that the person needs continued or specialized treatment, the referral is coordinated to facilitate appropriate access.

What is NOT SEAP?

To maintain an ethical and realistic practice, it is essential to define what is not part of this service:

- This is not a psychotherapy or clinical intervention service. We do not provide psychological treatment, ongoing therapy, or intervention programs.
- It is not a device for severe emotional crisis or life-threatening situations. In emergency cases, it is immediately referred to emergency services or specialized resources.
- This is not a medical consultation. No medical diagnoses, pharmacological treatments, or legally valid clinical reports are provided.
- It does not replace other university services: it does not perform functions specific to teaching tutoring, structured academic guidance, social services or medical care.
- It does not perform expert evaluations, reports for sick leave, curriculum adaptations or administrative processes.

The SEAP is a safe starting point for understanding distress and guiding towards the most appropriate help.



02. OBJECTIVES

1

ASSESSMENT AND GUIDANCE

Recognize the needs of the university community and provide clear, evidence-based guidance on the most appropriate steps in each situation.

2

RECOMMENDATIONS

To offer brief guidelines and recommendations that support well-being while accessing the appropriate specialized resource.

3

RISK DETECTION

Detect and channel risk situations, ensuring a safe and responsible referral.

4

PREVENTION

Promote early detection and prevention, reducing the occurrence of difficulties that may affect academic or personal functioning.

5

PROMOTION OF MENTAL HEALTH

Promoting mental health in the university community, fostering a culture of care, awareness and early access to psychological support.

6

INSTITUTIONAL COMMITMENT

Promote institutional coordination between university services to ensure integrated responses tailored to the context.

03. BOOKING AN APPOINTMENT

To book an appointment for the service, there are two options available:

- Go to <https://www.ucam.edu/servicios/seap> and click on 'Appointment Scheduling'. There you can see our available appointments and book at the most convenient time.
- Send an email to seap@ucam.edu requesting it.

The Service is located on the 2nd floor of Pavilion 5, specifically in Tutoring Room 2, a space designed to offer a comfortable and confidential environment.



Contact

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