



Counseling & Psychological Services

Same-Day Intakes & Drop-in Counseling

Most initial appointments are **same-day** intake/counseling sessions. This 30 minute session allows for immediate help when your needs feel urgent, and also allows for a counselor to help you decide on the best way to get help, whether it's a follow-up appointment or two, a referral to outside services, or a plan for regular counseling at CAPS. Some students find that only a single meeting is needed.

Available: M-F, 11a.m.-noon & 1–4p.m. (30 minute intervals). Schedule in person or by phone that morning (by 9 am is best). Arrive 20 minutes early to complete forms.

First-come or first-call = first-served

Emergency (Crisis) Services

An emergency or crisis appointment is like going to a hospital emergency room. If you are having an emergency and need to see a therapist immediately to address a specific crisis, please alert the receptionist.

The most common psychological emergency involves having plans for suicide or to seriously injure another person. The back side of this sheet provides a list of reasons an emergency session may be warranted.

Available: M-F, 8a.m.-4:30pm
CAPS crisis services are also available after hours by phone at 826-3236.

Scheduled Counseling/Therapy

Having regular therapy sessions is the best option when you have issues that require more than 1-2 sessions to address. These appointments are typically 50 minutes (and may occur weekly or biweekly).

Students often seek ongoing therapy to address anxiety, depression, relationship issues, past traumas, substance abuse, and other issues. Because of high demand, there is often a wait of 1-3 weeks to get started with regular appointments. Ongoing therapy at CAPS is brief in nature. CAPS will refer you to other resources if longer-term, or more specialized, therapy is needed.

An intake appointment (same day or pre-scheduled) is the first step if you have not been to CAPS already this

Are you unsure which type of counseling to request?

**The following are the typical types of concerns addressed by our
Emergency/Crisis Services:**

- **You have current intent or plan to attempt suicide or to inflict serious bodily harm on someone else.**

—or—

- **In the past month:**

You attempted suicide or made threats to do so.

You inflicted serious bodily harm on someone else or seriously considered doing so.

You experienced a physical and/or sexual assault.

You have been hearing or seeing things that do not exist.

You have experienced uncontrollable despair that is significantly interfering with your ability to function
(e.g., eat, sleep, leave your place of residence).

Please tell the receptionist which session type you need:

a **same-day intake session** or an **emergency/crisis counseling**.

Keep in mind that **same-day intake/counseling sessions** are reserved on the day of the session.

We encourage you to **call before 9 a.m.** to schedule a session for that day. These slots fill quickly. If you would like to schedule a 60 minute assessment session [usually 1-2 weeks out], you can request this.

Crisis sessions are “first-come, first-served,” and while we can often see you within the hour, you may have a bit of a wait for these services. We will do our best to see you as quickly as possible.