

# Counseling & Psychological Services: 1st Time Appointments

Is this a psychological emergency?

For example:

- You have current intention or plans to kill yourself or hurt someone else.
- In the past two weeks, you tried to seriously harm (or kill) yourself or someone else, or were released from an inpatient psychiatric facility.
- In the past week, you:
  - \*experienced a significant trauma (e.g., sexual or physical assault)
  - \*have been hearing or seeing things that others do not
- Your life is currently in danger (e.g., due to domestic violence, AOD withdrawal, recent homelessness)

YES

NO

CAPS is open

CAPS is closed

Come in for a CRISIS session with the CAPS "on call" therapist

Call CAPS for immediate support at 826-3236

Call 911 if this is a life threatening emergency

Are you interested in CAPS Counseling?

YES

NO

Are you interested in ongoing therapy (e.g., more than 1 to 2 sessions)?

Are you interested in a single SOLUTION focused session (with possible referral to CAPS groups or off-campus therapy)?

Schedule an INTAKE session

Schedule a Single Session Therapy (SST) session

Are you simply looking for Referrals or Resources?  
OR  
Are you a past client in need of a letter or release of your records?

Talk to our Receptionist for Assistance. You may be directed to the on-call therapist for a brief consultation.