

WHY COME *to* CAPS

- I feel stressed, anxious, or self-conscious
- I am having academic or relationship problems
- I am having difficulty adjusting to Penn and not enjoying school as I have in the past
- I am concerned about a sexual encounter
- I am having troubling thoughts or thinking about harming myself
- I am not motivated and don't have meaningful goals
- I am concerned about my eating, sleeping, drinking/drug habits or the behavior of my friends
- I want to talk about my professional plans or receive career testing
- I have cultural, ethnic, or sexual identity concerns

CONTACT CAPS

CALL OR STOP BY TO HAVE
AN INITIAL CONSULTATION

3624 MARKET STREET, FIRST FLOOR WEST
215-898-7021

*(including nights/weekends
to reach CAPS counselor on call)*

Penn RESOURCES

CAPS

(including nights/weekends to reach CAPS counselor on call)

215-898-7021

OFFICE OF THE CHAPLAIN

215-898-8456

HELP LINE

215-898-HELP (4357)

RAP LINE

(Reach A Peer, 9PM - 1AM)

215-573-2RAP (2727)

SPECIAL SERVICES

215-898-6600

STUDENT HEALTH SERVICE

215-746-3535

OFFICE OF THE VICE PROVOST FOR UNIVERSITY LIFE/

STUDENT INTERVENTION SERVICES

215-898-6081

WEINGARTEN LEARNING RESOURCES CENTER

215-573-9235

July 2017



CAPS

COUNSELING AND PSYCHOLOGICAL SERVICES UNIVERSITY of PENNSYLVANIA

215-898-7021

(including nights/weekends to reach CAPS counselor on call)

3624 MARKET STREET, FIRST FLOOR WEST
Philadelphia, PA 19104

MON | FRI 9 am - 5 pm
TUES | WED | THURS 9 am - 7 pm
SAT 10 am - 3 pm

www.vpul.upenn.edu/caps



CAPS

Counseling & Psychological Services
UNIVERSITY of PENNSYLVANIA

..... ABOUT

CAPS

We offer

CAPS offers confidential free professional mental health services to undergraduate, graduate, and professional students at Penn. Our goal is to assist students as they adjust to university life, cope with stress, and take full advantage of Penn's academic and social opportunities. At CAPS, students develop strategies to manage personal problems and situational crises. They develop self-awareness, resilience, and skills for life-long learning.

Our Staff

CAPS staff is comprised of psychologists, psychiatrists, and social workers of diverse backgrounds who specialize in working with university students. CAPS clinicians have a wide variety of treatment expertise tailored to meet student needs.

You are Welcome!

CAPS welcomes all students regardless of race, sex, sexual orientation, gender identity, religion, color, national or ethnic origin, age, disability, or status as a military veteran.

**CAPS
PROGRAMS
AND
SERVICES**

INDIVIDUAL COUNSELING

Personal clinical sessions to define problem areas and develop strategies to address concerns.

GROUP COUNSELING

Clinician-led sessions with students experiencing similar concerns; group topics may include anxiety management, mindfulness, interpersonal growth, eating concerns, and grief & loss. CAPS also offers groups supporting the needs of sexual assault survivors, international students, graduate students, queer students, and undergraduates returning from leave. Current group offerings are posted on CAPS website.

CRISIS INTERVENTION

A clinician is available for emergency consultations during business hours. You may call or walk in.

PSYCHIATRIC SERVICES

Psychiatrists are available to evaluate the need for medication and for follow-up and maintenance.

AFTER HOURS EMERGENCY

For urgent mental health needs after hours, please call CAPS at **215-898-7021** and follow the prompts to speak with the clinician on-call.

WORKSHOPS

CAPS clinicians can provide workshops and trainings to students, faculty, or staff on topics such as stress management, resilience, eating concerns, and how to help someone in distress.

REFERRAL SERVICES

When appropriate, a CAPS clinician will assist in locating a specialist or resources in the community.