Where do I go for my appointment?

Counseling and Psychological Services is located at 400 Patroon Creek Blvd., Suite 104.

FREE shuttle service
- Every 30 minutes from Collins Circle & Social Sciences.

Driving Directions
- Follow Washington Ave. East from Campus.
- Take Exit 85W on the right.
- Take the third left over Washington Ave. and stay right to eventually make a right turn into the Patroon Creek complex.

Counseling and Psychological Services
University at Albany
400 Patroon Creek Blvd., Suite 104
Albany, NY 12206
Phone: (518) 442-5800
Fax: (518) 442-3096
consultation@albany.edu
http://www.albany.edu/caps

Department of Residential Life
State Quad U-Lounge
1400 Washington Avenue
Albany, NY 12222
Phone: (518) 442-5875
Fax: (518) 442-5835
reslife@albany.edu
www.albany.edu/housing/

Service Providers
CARE Net services are provided by licensed psychologists.

Cost
All CAPS services have been paid as part of tuition and University fees. So there are no out-of-pocket fees.

Confidentiality
Clients are assured of confidentiality in accordance with ethical and legal standards. Student visits and conversations do not become part of the academic record.

Emergency Services

OFF-CAMPUS emergency:
Dial 911
CDPC Crisis: (518) 549-6500

ON-CAMPUS emergency:
Dial 911 from a Campus Phone
Dial 442-3131 from an Off-Campus Phone

Non-Emergency Services
Counseling and Psychological Services
(518) 442-5800

Middle Earth Peer Hotline
(518) 442-5777

Student Health Services
(518) 442-5454
What is CARE Net?

CARE Net stands for consultation and resource evaluation. It is a required program for students living in a residential hall who display suicidal behavior. Suicidal behavior can be:

• A suicide threat (verbally or in writing).
• Plans or preparations for suicide.
• Serious self-inflicted injury.

The goal of CARE Net is to help students get the assistance and support they need. If the Department of Residential Life refers you to CARE Net, then failure to complete this program will result in a referral to Community Standards.

What should I expect?

Within **10 days** of your referral, you will participate in a 2-hour consultation with a CAPS licensed psychologist. Occasionally, more than one session is needed to complete this process. During the session(s), the psychologist will:

• Assess your present suicidality.
• Evaluate your willingness and ability to refrain from suicidal threats and behavior in the future.
• Recommend psychiatric, psychological, and educational services, as needed.
• Help you develop a CARE Plan (a plan to access services and keep yourself safe).

What should I take to my appointment?

In order to help you, we will need to contact your parents or guardians and/or treatment provider. Your CARE Plan will be forwarded to the individuals you identify so that they can assist you in carrying out your plan.

Take to the appointment:

- The address and telephone number of your parents or guardians.
- The name, address, and telephone number of a current or potential treatment provider (e.g., clinical social worker, psychologist, or psychiatrist). This can be a provider you have worked with previously, a preferred provider listed under your insurance plan, a CAPS psychologist, or a Student Health Services psychiatrist.