What Can I Expect the First Time I Visit CAPS?

Step 1: Making an Appointment
You can call or walk-in to schedule an appointment with a CAPS staff. Appointments are typically available with a few days of your request.

Step 2: Appointment Check-In
Please arrive 10 minutes early before your first appointment to complete initial paperwork. This will provide us with some basic information about you and your current concerns.

Step 3: Initial Meeting
The first meeting is an opportunity to meet with a counselor, share a little about yourself, and discuss your concerns. In the process, you and your counselor collaborate on next steps. The appointment typically lasts about 45 minutes.

Step 4: Follow-up
You and your counselor meet to follow-up on your concerns that were discussed during the first appointment. Typical next steps may include continued individual or group counseling, additional psychological assessment, referrals for health assessment or medication, and other campus and community services that may benefit you. Often, a few counseling sessions can help you to achieve some relief and clarification about next steps to consider.

Student Resources

Advisement Services Center.................(518) 442-3960
Advocacy Center for Sexual Violence ........................................(518) 442-CARE(2273)
Capital District Psychiatric Center(CDPC), Crisis Unit 24-hour service...........................................(518)549-6500
Career and Professional Development....(518) 437-4900
Community Standards..............................(518)442-5501
Disability Resource Center ................. (518) 442-5490
Gender and Sexuality Resource Center... (518) 442-5015
Graduate Education ....................................(518) 442-3980
Interfaith Center..............................................(518) 489-8573
Intercultural Student Engagement............(518) 442-5565
International Student Scholar & Services (ISSS) ............................................................(518)-591-8189
Middle Earth Peer Assistance Hotline......(518)-442-5777
Residential Life.............................................. (518) 442-5875
Student Affairs ..............................................(518) 956-8140
Student CARE Services..............................(518)442-5501
Student Financial Services.........................(518) 442-3202
Student Health Services.............................(518) 442-5454
Undergraduate Education.........................(518) 442-3950
University Police/EMS............................(518) 442-3131 or 911

Developed in part under grant #SM058467-02, SAMHSA, U.S. Department of Health and Human Services. CAPS is solely responsible for the content of this brochure.
Who uses CAPS?
Any student currently registered at the University may use our services. We provide services to a broad range of students from our diverse campus community. We see students at all stages of their academic career, i.e. undergraduate and graduate students, transfer students, student athletes, and international students. Faculty, staff, parents, and student groups may also use the consultation services and educational programs we offer.

How can CAPS help me?
Every year, thousands of students seek help from us for a wide variety of personal and academic issues, and participate in our interactive campus events and programs.

Although the reasons for requesting services are as unique as each of our students, frequently mentioned concerns include, but are not limited to the following:

- Adjustment Issues (e.g., coming to college, adapting to new place, culture, first generation issues, other changes in life circumstances)
- Relationship Concerns
- Academic Performance
- Psychological Concerns (e.g., stress and anxiety, depression, other mood problems, sleep issues, eating concerns)
- Family Issues
- Problems with Alcohol, Other Drugs, and other Addictive Behaviors
- Support and Coping (e.g., loss, other distressing or traumatic event)
- Identity Issues
- Gender and Sexuality Concerns
- Challenges Related to Having a Disability
- Difficulty Balancing Multiple Demands/Roles

Confidentiality
All of our services are confidential in accordance with ethical and legal standards. Student visits and conversations do not become part of the academic record.

Who Provides Services?
CAPS staff consists of culturally diverse licensed psychologists. Postdoctoral fellows and doctoral interns also provide clinical services under the supervision of licensed psychologists. See our website for staff bios.

Cost
Costs are already covered by tuition and student fees, so there are no "out of pocket" payments.

Hours
Monday - Friday 9:00am-4:30pm
Summer & Intersession 8:00am-3:30pm

How to Find Us
- A free UAlbany shuttle operates on weekdays leaving from Social Sciences and Collins Circle bus stops every 30 minutes. The bus will drop you off at the main entrance of our office building.
- Free parking is also available.
- Call us or visit our website for directions, shuttle schedule, or any other questions