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.

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**Student Resources**

- Advisement Services Center - (518) 442-3960
- Advocacy Center for Sexual Violence - (518) 442-CARE (2273)
- Capital District Psychiatric Center (CDPC), Crisis Unit - (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

Look for us on the web: albany.edu/caps

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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.
Counseling and Psychological Services (CAPS) is here for you!

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. See our website for more information, including current groups 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

Psychological Counseling
We provide confidential individual, couples, and group counseling for a variety of emotional and behavioral health concerns. CAPS staff are sensitive to the unique challenges of our diverse campus community. See our website for more information, including current groups we offer.

Psychological Assessment
We offer psychological testing and evaluation for academic performance concerns & other learning problems.

Consultation Services
Contact us to ask a question or talk about a concern. Consultations are usually brief, one-time meetings, phone calls, or emails. We also provide referrals to services in the community.

Crisis Services
If having a mental health crisis and need to speak with a psychologist immediately, you will receive prompt attention from CAPS staff during business hours. On evenings and weekends, you will be directed to University Police (518-442-3131), Capital District Psychiatric Center, Crisis Unit (518-549-6500), or call 911.

Let’s Talk Walk-In Consultation Service
If you would like to speak to a psychologist without an appointment, you can simply drop-in to one of the designated campus locations. For further information, including the schedule, see the Let’s Talk tab our website.

Interactive Programs
We offer programs and workshops about mental health, resilience & healthy coping, stress management, positive bystander behavior, suicide prevention, body image, sport psychology, alcohol & other drug use, addictive behaviors, and more. Please contact us for additional information or to request a program.

Middle Earth: Students Helping Students
CAPS psychologists supervise a peer assistance program, in which trained undergraduate students help other students. They operate a hotline, serve as peer wellness ambassadors, provide peer wellness coaching, and deliver peer-to-peer workshops on a variety of wellness themes. In addition, peer career advisors offer assistance with resumes and cover letters within the Office of Career and Professional Development. For further information, including the hotline schedule and how to get involved, visit the Middle Earth website: albany.edu/middleearthcafe/.

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