

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 students 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.

Common Student Concerns

- 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

Web-based Resources

Look for CAPS on:   

Visit our website @ albany.edu/caps

- Upcoming programs and events
- Self-help section
 - Anonymous Mental Health Screenings
 - Mobile Apps and Resource Library
- Therapy Group Schedule
- Let's Talk Locations and Schedule



Counseling and Psychological Services (CAPS)

400 Patroon Creek Blvd., Suite 104
Albany, NY 12206
(518) 442-5800
consultation@albany.edu
<http://www.albany.edu/caps>

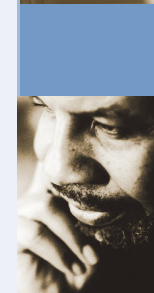
Other Resources

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 Center(518) 442-3202
Student Health Services (518) 442-5454
Undergraduate Education..... (518) 442-3950
University Police/EMS.....(518) 442-3131 or 911

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Helping from Home

A Guide for
University at Albany
Parents & Families



Counseling and Psychological Services



Student Affairs

Counseling and Psychological Services (CAPS) is committed to your student's success at UAlbany by supporting their emotional and behavioral health. 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.

CAPS confidential services are available to all registered UAlbany students at no cost.

CAPS Consultation Services

We invite you to contact us if you are concerned about your student's emotional and behavioral health. We know that these situations can be very challenging. Whether you have a question, concern, or are looking for support, CAPS professional staff are here to help!

Just give us a call @ **(518) 442-5800** during weekday business hours and ask to speak to a psychologist. You can also contact us via email to: **consultation@albany.edu**

Although the reasons for consulting with us are unique, frequently mentioned concerns and questions about:

- your student's emotional health concerns and how to help
- our services and if they would be appropriate for your student's needs
- strategies for discussing your concerns about your student and encouraging them to use our services
- referrals to additional mental health services in the Albany community
- coordinating care with mental health treatment providers from home while here
- other campus resources that may benefit your student
- the medical withdrawal/readmission process for psychological concerns

Services for Students



Psychological Counseling and Consultation

We provide confidential consultation, in addition to 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 and other learning problems.

Crisis Services

If having a mental health crisis and your student needs to speak with a psychologist immediately, they will receive prompt attention from CAPS staff during business hours. On evenings and weekends, they 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 your student would like to speak to a psychologist without an appointment or if they would like to remain anonymous, they can simply drop-in to one of the designated campus locations. For further information, including the schedule, see the *Let's Talk* tab on 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.

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/.

How Much Do CAPS Services Cost?

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

What About Confidentiality?

Confidentiality is an important part in effective counseling relationships. 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 CAPS Services?

Our staff consists of culturally diverse licensed and license-eligible staff psychologists. Postdoctoral fellows and doctoral interns also provide clinical services under the supervision of licensed psychologists. See our website for staff bios.

How You Can Support Your Student



Stay in Touch

Develop a plan to communicate on a regular basis via phone, email, or letter. Let your student know you are available to talk about everyday events and difficult issues.

Visit the Campus

Show your student you are interested in their new experiences. Meet their roommates and friends, and see for yourself how your student is adjusting to college.

Encourage Contact with Faculty

Even if your student is doing well, it is helpful for them to get to know their professors by emailing, calling, or stopping by during office hours. Faculty interaction promotes student success and also provides an opportunity to identify and help students who are struggling.

Discuss Academic Demands & Expectations

Talk with your student about academic priorities, balancing social, extracurricular, & other activities, ideal study environments, drug & alcohol use, and sexual behavior while at college, and share your expectations as well. Research has shown that simply talking to your child about drinking before they head off to school reduces drinking among first-year college students.

