

What We Do

Counseling and Psychological Services (known on campus as CAPS) offers confidential and free professional services to undergraduate, graduate, and professional students at Penn. The goal is to assist students in their adjustment to college life and to help them take full advantage of the academic and social environment at the University. By utilizing our service, students can learn to manage personal problems and situational crises effectively, learn strategies to cope with academic stress, and develop self-awareness, personal responsibility, and skills for life-long learning. The staff of CAPS is comprised of psychologists, psychiatrists, and social workers of diverse backgrounds who specialize in working with college students. We welcome all students regardless of race, sex, ethnic background, religion, age, sexual orientation, gender identity, citizenship or physical status.

CAPS

Counseling &
Psychological Services

What Kinds of Services Do We Provide?

Individual Counseling

The initial appointment at CAPS is to provide you with an opportunity to voice your concerns, determine your needs, develop a plan, and get informed about CAPS and services offered. If it is in your best interest to work with a CAPS staff member, you will have the opportunity to meet with him/her for a series of sessions. This usually allows for a fuller exploration of concerns and to discover ways to implement possible solutions.

Career and Psychological Testing

Testing may be helpful in providing information to better assess your needs and interests. Testing may enable you to make better decisions concerning your academic major or career path. Psychological assessment is also available when needed.

Consultation

At times you may wish to talk to a CAPS staff member to get advice about how to handle roommate conflicts, getting someone to come to CAPS, or other issues of concern.

Crisis Intervention

A clinician is available weekdays for emergency consultation during office hours. All you need to do is call or walk in. In case of an emergency during off-hours (including weekends), call the operator at the University of Pennsylvania Health System (215) 349-5490, and ask to speak with the CAPS Clinician On Call.

Group Counseling

Frequently, being a member of a group is the best way of exploring your concerns. Groups usually meet on a weekly basis for all or part of a semester.

Psychiatric Services

At times medications are helpful in the treatment of psychological distress. Psychiatrists are available to evaluate the need for medication as well as to do follow up and maintenance.

Referral

At times it may be determined that your needs would be best met by another resource on or off campus. We can provide you with information and assist you in locating the most appropriate providers.

Workshops

CAPS staff members are available to provide workshops and trainings on timely psychoeducational topics either at our site or at your location. Popular topics in the past have included: How to manage stress; eating problems; effective communication skills; and how to help someone in distress.

Appointments

Counseling and Psychological Services is open Monday through Friday, 9:00 a.m.- 5:00 p.m. Appointments can be made by phone or in person.

(215) 898-7021

What Kinds of Concerns Do Students Bring to CAPS?

- I'm feeling stressed out
- The misuse of alcohol/drugs by self, family member or friends
- I'm experiencing problems in my relationship
- I'm not doing well academically
- My anxiety is negatively affecting my performance
- I have questions about my sexual identity
- I've been sexually abused
- I'm concerned about my eating habits
- As a person of color, I find it difficult to adjust to the Penn environment
- I often feel shy and self-conscious
- I wonder if career tests or inventories could provide information to assist me
- I'm not enjoying school as much as I did in the past
- I feel troubled about my thoughts
- I don't have any meaningful goals

Resources

Equity and Access Programs
215-898-0809

Career Services
215-898-7531

Weingarten Learning
Resource Center
(Includes Student Disability Services)
215-573-9235

Office of the Chaplain
215-898-8456

Office of Health Education
215-573-3525

Penn Police
215-573-3333 or 511 (on campus)

Student Health Services
215-746-3535

Public Safety Special Services Unit/
Victim Support
Hotline: 215-898-6600

RAP (Reach A Peer) Line
215-573-2RAP
(9pm-1am)

Penn Women's Center
215-898-8611

Suicide Prevention Hotline
215-686-4420
(24 hours, 7 days)

Counseling and Psychological Services
University of Pennsylvania
133 S. 36th Street (corner of 36th & Walnut)
Second Floor
Philadelphia, PA 19104/3246
215-898-7021

Emergency number after hours:
215-349-5490
(Ask for CAPS Clinician On Call)

email: caps@pobox.upenn.edu
website: www.vpul.upenn.edu/caps

CAPS is a department of University Life (VPUL)

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