WHY COME to CAPS

- I feel stressed, anxious, or self-conscious
- I am having academic or relationship problems
- I am having difficulty adjusting to Penn and not enjoying school as I have in the past
- I am concerned about a sexual encounter
- I am having troubling thoughts or thinking about harming myself
- I am not motivated and don’t have meaningful goals
- I am concerned about my eating, sleeping, drinking/drug habits or the behavior of my friends
- I want to talk about my professional plans or receive career testing
- I have cultural, ethnic, or sexual identity concerns

CONTACT CAPS
CALL OR STOP BY TO HAVE AN INITIAL CONSULTATION
3624 MARKET STREET, FIRST FLOOR
215-898-7021
Regular office hours & After-hours emergency phone contact with clinician on-call

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STUDENT HEALTH SERVICE
215-746-3535

PENN POLICE
511 from campus phone or 215-573-3333

UNIVERSITY CHAPLAIN’S OFFICE
215-898-8456

OFFICE OF THE VICE PROVOST FOR UNIVERSITY LIFE/STUDENT INTERVENTION SERVICES
215-898-6081

RAP LINE
(Reach A Peer, 9 PM - 1AM) 215-573-2RAP (2727)
CAPS offers confidential free professional mental health services to undergraduate, graduate, and professional students at Penn. Our goal is to assist students as they adjust to university life, cope with stress, and take full advantage of Penn's academic and social opportunities. At CAPS, students develop strategies to manage personal problems and situational crises. They develop self-awareness, resilience, and skills for life-long learning.

CAPS staff is comprised of psychologists, psychiatrists, and social workers of diverse backgrounds who specialize in working with university students. CAPS clinicians have a wide variety of treatment expertise tailored to meet student needs.

You are Welcome!
CAPS welcomes all students regardless of race, sex, sexual orientation, gender identity, religion, color, national or ethnic origin, age, disability, or status as a military veteran.

We offer

**CAPS PROGRAMS AND SERVICES**

- **INDIVIDUAL COUNSELING**
  - Personal clinical sessions to define problem areas and develop strategies to address concerns.

- **GROUP COUNSELING**
  - Clinician-led sessions with students experiencing similar concerns; group topics may include anxiety management, mindfulness, interpersonal growth, eating concerns, and grief & loss. CAPS also offers groups supporting the needs of sexual assault survivors, international students, graduate students, queer students, and undergraduates returning from leave. Current group offerings are posted on CAPS website.

- **CRISIS INTERVENTION**
  - A clinician is available for emergency consultations during business hours. You may call or walk in.

- **PSYCHIATRIC SERVICES**
  - Psychiatrists are available to evaluate the need for medication and for follow-up and maintenance.

- **AFTER HOURS EMERGENCY**
  - For urgent mental health needs after hours, please call CAPS at 215-898-7021 and follow the prompts to speak with the clinician on-call.

- **WORKSHOPS**
  - CAPS clinicians can provide workshops and trainings to students, faculty, or staff on topics such as stress management, resilience, eating concerns, and how to help someone in distress.

- **REFERRAL SERVICES**
  - When appropriate, a CAPS clinician will assist in locating a specialist or resources in the community.