WHAT IS AVAILABLE AT CAPS?

• **Short-term individual counseling:** Students meet one-to-one on a short-term basis with a counselor, usually weekly, to work through their concerns. Most students are seen for less than one semester.

• **Group counseling:** Confidential group counseling offers a broad range of insight and support from peers and professionals, as well as the opportunity to connect with others experiencing similar issues.

• **Consultation and referral:** Consultation and referrals to off-campus providers are offered to interested faculty and staff. Referrals are also provided to students who require longer and/or more intensive support.

• **24/7 Emergency Services:** In case of an emergency, students should immediately call University Police at 973-655-5222 and a CAPS staff person will be contacted for consultation and support.

• **Let’s Talk Program:** Let’s Talk drop-in hours are one-on-one meetings between a student and a CAPS staff member. These drop-in consultation and support hours are offered at multiple times and different locations across campus throughout the week. No appointment is needed.

• **Office of Outreach and Prevention:** Located in the Student Center, the CAPS Office of Outreach and Prevention provides a variety of programs to educate and engage the campus community in promoting mental health, with a focus on increasing access to support for underserved students, improving help-seeking behavior, reducing stigma and suicide/harm prevention.

ABOUT MONTCLAIR STATE UNIVERSITY

Building on a distinguished history dating back to 1908, Montclair State University is a leading institution of higher education in New Jersey. Designated a Research Doctoral University by the Carnegie Classification of Institutions of Higher Education, the University’s nine colleges and schools serve more than 20,000 undergraduate and graduate students with over 300 doctoral, master’s and baccalaureate level programs. Situated on a beautiful, 252-acre suburban campus just 14 miles from New York City, Montclair State delivers the instructional and research resources of a large public university in a supportive, sophisticated and diverse academic environment.
HOW CAN COUNSELING HELP?
Counseling and Psychological Services (CAPS) is staffed by psychologists, a social worker, a part-time psychiatrist and selected graduate students who work under close supervision. The staff of CAPS is trained to address a wide range of difficulties including:

- Anxiety and depression
- Stress management
- Emotional, physical and sexual trauma
- Body image and eating disorders
- Family issues
- Substance use
- Cultural concerns
- Social skills concerns
- Relationship problems
- Sexual and gender identity
- Academic difficulties
- Loss
- Coping with chronic medical illness

WHAT ABOUT CONFIDENTIALITY?
CAPS records are confidential and are not recorded in any permanent University record, so it cannot appear on a transcript or any other official document. CAPS cannot disclose who has utilized services without the student’s written permission, except in the event of an emergency where a clear danger to yourself and/or other person exists.

WHO IS ELIGIBLE FOR SERVICES?
All registered Montclair State University students are eligible for services during their college career. The Student Services Fee covers the cost of these services. Staff and faculty members are eligible for consultation and referral.

WHAT IS COUNSELING?
Counseling provides an opportunity to talk about problems with someone who listens and is prepared to help. Talking with a trained professional can help increase clarity, manage conflicts and reduce stress in one’s life.

Most students seek counseling when their usual ways of handling problems are not working effectively in a particular situation and they are not getting the results they would like. Counseling provides an opportunity to understand and change feelings, behaviors and situations in order to live a more satisfying life.

HOW DO I INITIATE SERVICES?
Services can be initiated by attending a Let’s Talk session or calling 973-655-5211 to set up a telephone screening. Both Let’s Talk and telephone screenings take approximately 15-20 minutes and are conducted by a CAPS staff member who will provide support and assistance. You may be offered an intake appointment at CAPS for further assessment or be given a referral off campus. A brief wait for services may occur at busier times of the year. However, if you are in crisis during office hours, please inform the CAPS secretary and you will be seen as soon as possible.

WHAT HAPPENS NEXT?
During the first meeting with a counselor, you will be asked to describe your concerns and what you hope to gain from counseling. This is an opportunity for you and the counselor to assess whether CAPS will best meet your needs. If appropriate, you might be referred to another resource, on or off campus, for specialty and/or longer-term support. Depending on your needs, the counselor may recommend short-term counseling at CAPS and/or a CAPS therapy group with others expressing similar concerns. Many students find that the initial interview itself is all they need to explore and clarify their feelings and options.

IN CASE OF EMERGENCY
Call CAPS at 973-655-5211 during business hours or Call University Police at 973-655-5222 or Mountainside Hospital Emergency at 973-429-6200

For Let’s Talk hours and locations, and for a list of CAPS groups and programs provided by the CAPS Office of Outreach and Prevention, please visit montclair.edu/caps.