



George Mason University

Counseling & Psychological Services (CAPS)



**CAPS Services: Who We Are,
What We Do, & How to
Connect With Us**

Presentation Outline

- Review Learning Services and CAPS
- Making an appointment and ways to contact our office
- Acknowledge additional resources available on campus
- Questions

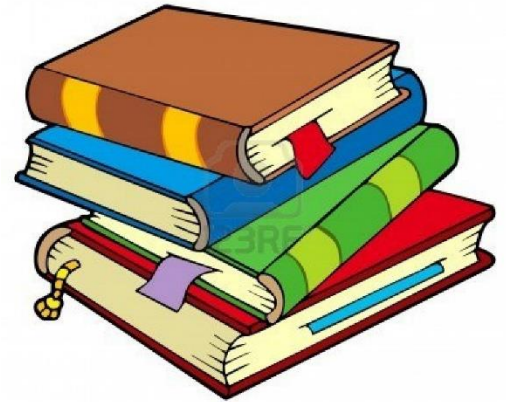


Learning Services

- Learning Services helps student achieve their **academic goals** by:
 - Assisting students in understanding academic **expectations**
 - Helping students understand their own **metacognition**
 - Establishing good **self-regulation** habits

Services (virtual at this time):

- Academic Success Workshops
- Academic Coaching
- Academic Success Videos
- Tutoring Resource List



Accessing Learning Services

- **Appointments**

- <http://tinyurl.com/masonlearning>
- Call 703-993-2380

- **Workshops**

- learningservices.eventbrite.com

- **Academic Success Videos and Resource List**

- <https://learningservices.gmu.edu/>



CAPS Services

- Counseling and Psychological Services (CAPS) provides **free** and **confidential** psychological and learning services to students who are actively enrolled and currently registered for classes at Mason
 - Virtual counseling
 - Group therapy
 - Short-term individual therapy
 - Short-term psychiatric services
 - Referral services & case management
 - Daytime & after-hours on-call crisis support
 - Daily Skills-Based workshops
 - Online Self-Help (TAO)
 - Consultation with faculty, staff, parents, and/or students



Virtual hours of operation: Monday-Friday, 8:30am-5pm. Contact us at 703-993-2380.



Counseling and Psychological Services

IN CRISIS?

**CONCERNED
ABOUT A
STUDENT?**

[Home](#)

[About Us](#) ▾

[Services](#) ▾

[Helpful Resources](#) ▾

[Find a Community Provider](#) ▾

[Training Opportunities](#) ▾

[Give Now](#)

ANTI- RACISM RESOURCES

Click here to read about our commitment to anti-racism in addition to anti-racism resources.



ANTI-RACISM RESOURCES

Access our Anti-Racism page for tools and support to help in caring for yourself and building up your voice in a country that often seeks to silence those who speak and act against White supremacy.



New After-hours Crisis Service for Mason Students

Search

Go

Privacy & Confidentiality at CAPS

- CAPS staff cannot provide follow-up information to anyone about a student of concern, without written permission from the student of concern
- Contact the Student Support and Advocacy Center (SSAC) if you are concerned about a Mason student and would like a Mason administrative member to contact the student directly

Privacy & Confidentiality at CAPS

- Limits of confidentiality:
 - Substantial likelihood of causing serious harm to self or others in the near future
 - Reasonable suspicion of current abuse and/or neglect of a child or incapacitated adult
 - Valid court order or subpoena to disclose relevant information in a legal proceeding or investigation
 - If the university threat assessment team receives information that results in the team opening an investigation on a student

CAPS Locations & How To Make an Appointment

- Currently:
 - Students may schedule an Initial Consultation (IC) appointment for psychological and/or learning services by phone
 - (703) 993-2380
 - Appointments are held via Webex
- When students are back on campus
 - By visiting CAPS at Fairfax Campus: (Student Union Building-I, Suite 3129)
 - Walk-in hours Monday-Friday (check website for hours)
 - Appointments are available at our Science & Technology campus (229 Colgan Hall) and Arlington campus (222 Founder's Hall), BY APPOINTMENT ONLY
- Examples of questions that we may ask you during the IC include.....



What To Do If A Student Is Having a Mental Health Crisis

- During normal business hours, **call** our main number (703-993-2380) and/or visit CAPS (Fairfax Campus, SUB-I, Room 3129) and ask to speak with the daytime on-call clinician
- After normal business hours and weekends, our main number connects to after-hours crisis services
- If you are ever concerned about someone's immediate physical safety, call GMU Police as soon as possible

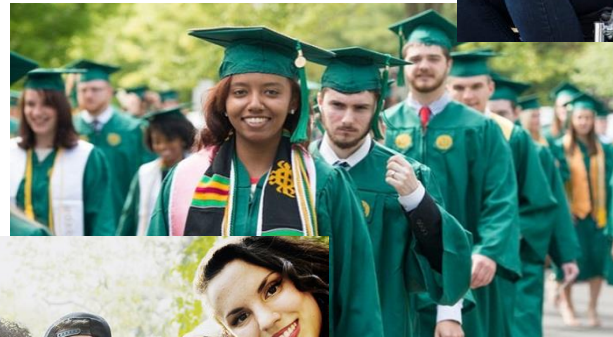
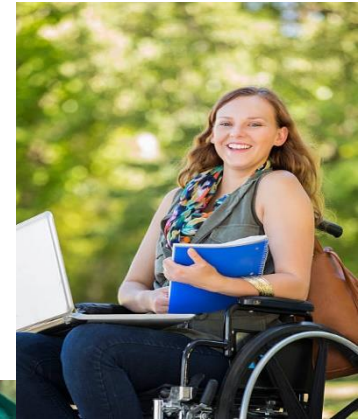
Consult with CAPS

- CAPS
 - <https://caps.gmu.edu/>
 - View website for resources
- Monday- Friday 8:30 a.m.- 5 p.m.
- SSAC as an option



Additional On-Campus Resources

- Student Support & Advocacy Center
 - <http://ssac.gmu.edu/>
- Department of Police & Public Safety
 - <http://police.gmu.edu/>
 - Police & Safety Building, 703-993-2810
- ODIME- Office of Diversity, Inclusion, and Multicultural Education
 - <https://odime.gmu.edu/>
- LGBTQ+ Resources
 - <https://lgbtq.gmu.edu/>
- Student Health
 - <https://shs.gmu.edu/>
- Disability Services
 - <https://ds.gmu.edu/>



Question & Answer

