

# UVA STUDENT HEALTH AND WELLNESS COUNSELING AND PSYCHOLOGICAL SERVICES

**COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)** is the primary counseling center on Grounds. We are committed to providing a safe and affirming environment for all students seeking to improve their mental well-being.

## MENTAL HEALTH SERVICES

- **INDIVIDUAL THERAPY**
- **EMERGENCY AND CRISIS SERVICES**
- **BIOFEEDBACK THERAPY**
- **GROUP THERAPY**
- **PSYCHIATRIC SERVICES**
- **CARE MANAGEMENT SERVICES**
- **EMBEDDED THERAPY SERVICES** at the Law School, Darden School of Business, School of Engineering, School of Nursing, School of Medicine, School of Architecture, McIntire School of Commerce and Batten School of Public Policy.

*Students need to be located within the state of Virginia to receive CAPS services such as Individual therapy, Group Therapy and Psychiatric services (based on professional licensure requirements). If you are located outside of Virginia, you may still contact CAPS for crisis support, care management, and assistance identifying referrals near your physical locale.*

## EMERGENCY AND CRISIS SERVICES

- Students may call CAPS 24/7 at 434-243-5150 for urgent mental health support.
- Students may walk into CAPS for an in-person emergency consultation Monday through Friday from 8 AM - 4:30 PM.

*UVA faculty, staff, parents, and community members: If you are concerned about a student, who may need immediate support, you may call CAPS On-Call at 434-243-5150 for confidential clinical consultation.*

## LOCATION AND ELIGIBILITY

The Student Health and Wellness building is located on 550 Brandon Ave, **COUNSELING AND PSYCHOLOGICAL SERVICES** can be found on the fourth floor. Students who pay the comprehensive student fee are eligible to receive services from **CAPS** at no additional charge.

## GET STARTED

Schedule a brief initial phone screening by calling CAPS at 434-243-5150 or online via the HealthyHoos portal.