Counseling and Psychological Services (CAPS)
UVA Department of Student Health and Wellness

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.

Eligibility and Cost

- Students who pay the comprehensive student fee are eligible to receive services from CAPS at no additional charge.
- Consultation about student issues are also provided to university faculty, staff and administrators, or parents and other concerned parties.

Setting Up Your First Appointment

- Schedule a phone screening (lasts about 15-20 minutes) by calling CAPS at 434-243-5150.

Our Services

- Individual Therapy
- Group Therapy
- Psychiatric Services
- Care Management Services
- Embedded therapy services at the Law, Business, Engineering, and Commerce schools

Telehealth

CAPS will continue to provide remote individual therapy, group therapy, and psychiatric to enrolled students located within the state of Virginia (based on professional licensure requirements). If you who 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

- Available 24 hours a day, seven days a week.
- Call 434-243-5150 or come directly to CAPS during business hours and ask to speak with the on-call therapist.
- For after-hours emergencies, call 434-243-5150 or dial 911.
- Consultation regarding students is available to UVA students, faculty, administrators, staff, parents, and other concerned community members.

Care Management Services

Our Care Managers assist students in successfully accessing mental health treatment by:

- Helping them overcome barriers to accessing treatment (e.g. finances, time, stigma, transportation, or motivation).
- Identifying resources on and off Grounds for a variety of needs including housing, food, social support, or academic support.
- Serving as a bridge to community referrals to area therapists and psychiatrists.

Need more help? Call UVA CAPS at (434) 243-5150 or visit studenthealth.virginia.edu/CAPS. CAPS is available for support, referral assistance, and crisis services. Additional Student Health resources include WahooWell Remote and UVA’s Collegiate Recovery Program.