Counseling and Psychological Services

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Overview

• Why do students come to CAPS?
• What services does CAPS offer?
• How do I connect to a counselor at CAPS?
Why do students come to CAPS?
Who comes to CAPS?

- Over 2800 students came to CAPS for clinical services at 16% utilization rate; 1 out of 6 NU students came to CAPS. Benchmark for comparably sized institutions is @7%.
- 60% Undergraduates and 40% Graduate/Professional Students.
CAPS Services

- Individual Counseling
- Group Therapy
- Crisis Support
- Stress Management Clinic
- Specialized Assessment Services (ECATT & AOD)
- Psychiatric Consultation
- Outreach
- Let’s Talk
- QPR
- Stress Management Apps: Breathe (within NU Help App) & Calm
Remember to **breathe**

Introducing **breathe**, CAPS’ new mobile-friendly portal, providing audio & video resources that include:

- Guided meditations
- Mind & body exercises
- Positive coping strategies

northwestern.edu/breathe
Free Calm.com

- Go to: www.calm.com/northwestern
- Sign up with your northwestern.edu email address on the computer screen (do not sign up with a phone app just yet)
- Confirmation email will be sent to your northwestern account.
- Once you confirm your identity – all of the content will be unlocked and you can use it on the computer or on your phone
How do I make an appointment?

- Hours of operation: Monday through Friday (8:30 am - 5:00 pm): 847-491-2151
- Initial 15 minute phone consultation; can be scheduled on-line via our website
- Personalized Care Plan meeting
  - 1 hour appointment to talk more in depth about your concerns
  - At the end of the appointment, your intake counselor will help develop an individualized plan to assist you with your concerns
  - Plan may include therapy at CAPS; may suggest a referral to a local therapist or provider
- We always have a counselor available for same day appointments for urgent matters; you can call or walk in and ask to speak to a counselor immediately.
- After 5 pm and weekend urgencies: call 847-491-2151 to speak with a mental health professional
- CAPS Website: [http://www.northwestern.edu/counseling/](http://www.northwestern.edu/counseling/)
CAPS Locations

Evanston CAPS
Searle Hall, 2nd Floor
633 Emerson Street
847-491-2151

Chicago CAPS
5th Floor Abbot Hall
710 N. Lake Shore Drive