

Wanna talk about it?

CAPS

Chat

TUESDAYS
12:00 - 1:30
LIBRARY 305

CAPS Chat provides informal, drop-in consultation for students with counselors from Penn State Counseling and Psychological Services (CAPS). Sessions are free and no appointment is necessary. Students are seen on a first-come, first-served basis and meetings are no longer than 30 minutes.

Concerns may include:

- Relationship issues
- Stress or anxiety
- Adjusting to life events
- Family problems
- Roommate difficulties
- Academic pressures

CAPS Chat is for....

- discussing specific concerns in a one-on-one meeting
- learning more about what counseling might be like
- understanding how to help a friend
- getting mental health questions answered

CAPS Chat is not for....

- Formal therapy or counseling
- Crisis services
- Severe or long-term concerns

CAPS Chat will run from January 8 through April 30, 2019

How do I attend a CAPS Chat meeting?

Come to Library 305 during CAPS Chat hours and check in. CAPS Chat meetings are first come, first served, so you may need to wait. Please arrive no later than 30 minutes before the end of the CAPS Chat hours. You can expect your meeting to last no longer than 30 minutes.

Are CAPS Chat meetings private?

While CAPS Chat is not formal counseling, information discussed is private. If you have questions about this, ask a CAPS Chat counselor.

I am on the CAPS waiting list. Can I come to CAPS Chat while I wait?

If you feel you need to be seen sooner for your concern because problems have intensified, it is best to contact CAPS at 717-948-6025. If you feel your concern has improved and feel an informal consultation meeting would meet your needs, CAPS Chat might be a good option for you. After meeting, if you would like to be removed from the wait list, let the CAPS counselor know.

I am currently seeing a therapist. Can I come to CAPS Chat?

Discussing concerns with your current therapist is strongly recommended. If your next appointment is not soon enough, it's best to contact your counselor directly to see if he or she can see you sooner.

What if I cannot attend CAPS Chat hours?

Call Penn State Counseling & Psychological Services (CAPS) at 717-948-6025. They can help answer your questions or find resources that may help meet your needs.

What should I do in an emergency?

If you or someone you know is experiencing a life-threatening crisis where minutes count, call 911. To speak with a mental-health crisis counselor call the Penn State Crisis Line at 877-229-6400.

Penn State Harrisburg CAPS 717-948-6025