

## WELCOME TO

# COUNSELING AND PSYCHOLOGICAL SERVICES

## We are here to support you and your success at Purdue.

To best serve you, we keep some things in mind. We know that accessible and responsive mental health services are important to you and our community. We also know that culturally responsive and informed care is pivotal to providing effective services. We strive to provide individualized care to all students. Our team of mental health professionals specialize in college mental health and provide care that best meets your unique needs and goals. To provide all Boilermakers with accessible mental health services, our scope of services is brief in nature. This means our treatment services are goal focused and short-term.

### What to expect during your Brief Screening Session

The first step in getting started with services at CAPS is to attend a brief screen appointment. Brief screen appointments can be scheduled online, by calling CAPS, or by stopping by PUSH. During this appointment, you will meet with a CAPS counselor for 30 minutes. We will ask you questions about your current situation, safety, and what you would like to accomplish in seeking services. Sometimes, we may ask you to meet with us again for another consultation, which usually takes place in person with a counselor. Because of the brief nature of these initial meetings, the counselor will focus on your most urgent concerns, and it will not feel like a typical therapy session. Scan the QR code to learn more about this process.



[bit.ly/caps-contact](https://bit.ly/caps-contact)

The purpose of these initial contacts is for us to understand your needs so that we can work with you to create a support plan, which may include workshops, groups, individual counseling and/or referral support to an outside provider. CAPS providers are committed to offering students the best possible services and we will discuss those options that we believe will best meet your needs. We use a stepped-care approach to services that tailors our recommendations of intensity and types of services to meet your unique individual needs.



Purdue University Student Health Center.  
(Purdue University/John Underwood)

## OUR SERVICES THAT WILL BE REVIEWED WITH YOU:

### WORKSHOPS

Our workshop series provide students with a focused and action-oriented space to learn and practice skills that will help them better manage difficult thoughts and feelings.

All of our workshops are offered throughout the semester. Our workshops are open to all students. You do not need to be a CAPS client to join!



[bit.ly/caps-workshop](https://bit.ly/caps-workshop)

### GROUP COUNSELING

Working on issues within a group setting can be a highly supportive and productive way to address personal concerns. In fact, group counseling can be the most effective treatment for certain issues.

Students who share common concerns meet weekly throughout the semester. Group schedules are new each semester and cover a wide range of areas.

### INDIVIDUAL COUNSELING

We offer brief individual counseling focused on specific goals and for concerns that are appropriate for this level of service. Treatment services are brief in nature and based on need. We do not have pre-defined session limits and appointments are typically scheduled every other week based on availability.

### COMMUNITY REFERRAL SERVICES

A student's needs may best be served by a referral to community resources. CAPS provides referral support by offering additional meetings and specialized services to connect you to an outside provider.

Examples of referrals to services outside CAPS: Need for specialized or more intensive care, you may be graduating or leaving Indiana, you would benefit from more frequent or long term care.

### PSYCHIATRY

Psychiatric team provides medication evaluation and management of mental health concerns. We practice a dual-care model and offer psychiatry to those students who are actively engaged in therapy.

### SELF-HELP

We encourage any student to take advantage our suite of self-help tools available to support mental health and holistic wellness. TAO offers a library of resources that are free to you.



**SIGN UP TODAY:**  
[bit.ly/TAOsignup](https://bit.ly/TAOsignup)