

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

Counseling and Psychological Services (CAPS) (<http://www.twu.edu/counseling/>) provides high-quality mental health care to currently enrolled students on the Denton, Dallas, and Houston campuses. It is CAPS's mission to support students' academic success and personal growth in a warm, safe and confidential environment. Professional psychologists, licensed professional counselors, and therapists in training provide individual, couples, and group therapy; as well as crisis intervention services. Psychiatric consultation is also available when deemed appropriate.

Currently enrolled students are eligible for an initial intake assessment. Based on the outcome of this initial assessment, a CAPS therapist will make a treatment recommendation that may include individual, couples, or group therapy or referral to another campus or community agency that may be more appropriate. If therapy at CAPS is recommended, the frequency and duration of treatment will be determined on a case-by-case basis. Fees for services are already included in students' previously paid fees. No additional charges are incurred for CAPS therapy services. However, there is a small fee for psychiatric services. CAPS reserves the right to determine if we have adequate resources and expertise to address your particular treatment needs. If your needs cannot adequately or ethically be met by CAPS, we will work collaboratively with you to secure an appropriate referral.

CAPS also offers workshops and presentations to the campus community on a wide variety of preventative mental health topics. Additionally, our website (<http://www.twu.edu/counseling/>) includes a full list of mental health resources, online screenings, and self-help materials.

CAPS also provides support for students experiencing mental health emergencies. In these instances, students are encouraged to call the TWU Crisis Line @ 940-898-HELP(4357). This line is answered 24/7, including holidays and during university closures.

Students may visit (or call) CAPS at the following locations:

Denton: Old Main, 3rd Floor, 940-898-3801

Dallas: TWU T. Boone Pickens Institute of Health Sciences, Suite 8300, 214-689-6655

Houston: TWU Institute of Health Sciences, Suite 2250, 713-794-2059