

Counseling and Psychological Services (CaPS)

- **Campus Education and Programming**
- **Training Site for Regional Masters and Doctoral Students**
- **Mental Health Counseling**
 - Afterhours Mental Health Line – (1-855-436-1245)
 - Urgent Care - M-F 8:30a – 4:30p)
 - Single Session Therapy – specific concern
 - Group Counseling
 - Individual Counseling

Group Counseling

- **CBT for anxiety and depression**
- **Confronting anxiety**
- **Women of Color**
- **Emotional skills**
- **Interpersonal relationship building**

Workshops/Support Groups (No fee)

- **Grief**
- **Substance use**
- **BIPOC/ALANA Support**
- **Sleep Hygiene**

Needs Assessment – appropriate level of care

- **Initial Appointment**
- **50-minute interview focusing functioning**
- **Assess threat to self or others**
- **Previous treatment**
- **Strengths and support factors**
- **Medications**
- **Brief social and background history**
- **Leave with recommendations for follow-up services**

Individual Counseling

- **Short-term and goal-focused**
- **Assist students with mental health needs that interfere with their ability to be successful in school or in their personal growth, functioning, and adjustment**
- **Not all students may need or benefit from short-term, goal-focused therapy**

Schedule an Appointment

- Call main office at 585-475-2261
- Walk-in; August Center 2100
- Send a secure message on the [RIT Wellness Portal](#) and select “Counseling Services - for General Questions”

Level of Service Need

- **Immediate Need – Campus Safety**
- **Many Concerns – Student Behavior Consultation Team**
- **Specific Mental Health Concern - CaPS**

Fee

- **All full-time (12-credit) undergraduates are assessed a Student Health Service Fee (\$210) Fall and Spring sem.**
- **Students with less than 12-credits may pay the fee manually.**
- **Those who do not pay the fee are charged \$60 per visit, excluding workshops and urgent care.**

Questions/Discussion