

Pathways to CAPS Non-Crisis Services

Schedule an appointment with therapist 01.

- Call 860-685-2910 or email counseling@wes
 - NO reason required, just give availability
 - therapist profiles on website—can also email therapist directly
- Wait time varies depending on demand

Schedule an appointment with CAPS case manager 01.

- email Tenika Campbell (tcampbell01@wes)

02. After scheduling...

- We will send you intake paperwork
 - > includes questions about mental health history
- Please complete **before** the appointment

02. Learn about your options & how to connect to...

- CAPS therapists and other services
- individual therapist in the community
- local psychiatric services
- intensive outpatient programs (IOPs)
- additional Wesleyan resources

Meet with therapist 03.

- Start your first session with a therapist!
 - Review your intake paperwork together
 - Discuss next steps

04. Continue bi-weekly therapy sessions

- The length of your CAPS services is up to you!
 - Engage with our services for a semester, a year, all 4 years etc.

During case management appointment 03.

- meet 1:1 to assess your needs
 - discuss options and we can help you find the best service provider
 - help you contact and connect to services
 - follow-up appointments if desired



Guide to Crisis Services

9:00 am–4:30 pm

CALL 860 685 2910

Schedule Crisis Appointment

- both same & next day options



After Hours

CALL 860 685 2910—
press 2

Connect w/ an CAPS on-call therapist and they will help:

- assess the situation
- determine next best steps

If non-emergent, next day call from CAPS therapist:

- general check-in
- option to schedule a crisis appt

If potentially emergent, on-call therapist calls PSAFE:

- PSAFE conducts wellness check while in contact w/ therapist to determine level of care

If you are a risk to yourself or others...

- PSAFE provides ride to Middlesex Hospital for further evaluation OR
- If needed, MPD & ambulance may provide further assistance

Non-urgent response...

- schedule crisis appt
- PSAFE offers ride to the hospital