

CAPS Appointments: What You Should Know

- You can schedule your psychotherapy intake appointment by email or phone.
 - Email: Counseling@wesleyan.edu
 - Include your availability Monday-Friday 9:00am-4:00pm
 - Phone: 860-685-2910
 - Office hours are Monday- Friday 8:30am-4:30pm
- CAPS has two locations.
 - Main Office: Second floor of Davison Health Center, 327 High St.
 - Satellite Office: Enter around back, 267 William St.
- CAPS uses a biweekly therapy model, which means you see your therapist every other week. There are NO session limits.
- If you prefer to see a psychotherapist in the community but you need help finding one, call the CAPS main number and ask for a meeting with the case manager.
- CAPS offers a limited number of short, urgent appointments M-F during business hours. These appointments are scheduled by phone only.
- CAPS offers after-hours clinical support. To speak with a clinician during the evening, overnight, weekends, and over breaks, call 860.685.2910 and select option 2 to be connected to the on-call clinician.
- CAPS provides medication management as an adjunct service for students who are engaged in ongoing psychotherapy with a CAPS clinician. If you are interested in medication management, ask your psychotherapist about it at your intake appointment.
- CAPS does not prescribe sleep medication (such as Ambien or Lunesta) or benzodiazepines (such as Xanax or Klonopin). For students who furnish us with a copy of a neuropsychological assessment report, we will refill their stimulant medication for ADD as long as they remain engaged in ongoing therapy with a CAPS clinician.
- CAPS offers many psychotherapy groups and skill-based workshops throughout the year. These offerings are updated regularly on the webpage.
- If you want to search for a specific CAPS clinician who is a good fit for you, take a look at the staff tab of the CAPS webpage and reach out directly to any clinician.



We look forward to supporting you at CAPS!!