



Counseling & Psychological Services

Arlington Campus:

Phone: 703-993-2380

Hours:

By appointment only

Fairfax Campus:

SUB 1, Suite 3129

Phone: 703-993-2380

Hours:

Mon-Fri 8:30 am-5 pm

Extended hours until 7 pm on

Tues & Wed (by appointment

only) when classes are in session.

Science & Technology Campus:

Phone: 703-993-2380

Hours:

By appointment only

Students at Mason in Loudoun and Smithsonian-Mason School of Conservation may schedule appointments at any Mason location

George Mason University

4400 University Drive

MSN 2A2

Fairfax, VA 22030

Phone: 703-993-2380

Fax: 703-993-2378

Website: caps.gmu.edu

Email: caps@gmu.edu

About Counseling & Psychological Services

Counseling & Psychological Services provides individual counseling, workshops and outreach programs to address emotional concerns and enhance personal experiences and academic performance. Services are provided by a staff of professional counseling and clinical psychologists, social workers and counselors.

Individual Counseling

Individual counseling assists students in resolving concerns that cause emotional distress and interfere with personal goals and academic success. Areas often addressed include:

- Management of emotions such as anxiety, depression, grief and anger
- Educational and academic goals
- Personal, family, relationship concerns
- Difficulty with alcohol, other substances or food
- Study skills and strategies
- Traumatic experiences and abuse
- Identity exploration (LGBTQ, racial/ethnic, religious/spiritual and others)
- Grief and loss

Crisis Intervention and Emergency Services

If you are experiencing a mental health crisis or are concerned about a student who may be experiencing a crisis, please contact Counseling & Psychological Services at 703-993-2380. A counselor will consult with you to assess your situation and to identify options for dealing with the crisis.

Eligibility

Anyone enrolled as a Mason student at the Arlington, Fairfax, Loudoun and Science and Technology campuses is eligible for a consultation appointment with Counseling & Psychological Services.

How to make an appointment

All appointments on the Arlington campus are scheduled through the Fairfax office at 703-993-2380.

For more information about Counseling & Psychological Services, please visit us online at caps.gmu.edu.

