



# Counseling & Psychological Services

## Arlington Campus:

Founders Hall, Room 222

Phone: 703-993-2380

Hours: Mon & Tues when classes are in session 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:

Colgan Hall, Room 229

Phone: 703-993-2380

Hours: Thurs when classes are in session by appointment only

Students at Mason in Loudoun 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

## About Counseling & Psychological Services

Counseling & Psychological Services (CAPS) prioritizes access to effective mental health care and learning services. We serve as an entry point for students to work with mental health providers who assess concerns, discuss treatment options, and connect students with appropriate services on and off campus. We also consult with faculty and staff to provide support and education to the University. As members of the CAPS staff, we consistently strive to integrate multiculturalism into the everyday functioning and structure of our agency.

## Services Provided

All students enrolled in classes at Mason are eligible for an Initial Consultation with our office. During that appointment, we will discuss your concerns and review options for support. Students are referred to services based on their concerns to help promote psychological health and academic success. Mental health providers or learning specialists offer the following services at CAPS:

- Group counseling
- Drop-in workshops
- Time-limited individual counseling
- Time-limited psychiatry
- Referral and case management services
- Individualized academic coaching
- Academic skills workshops

## Crisis Intervention and Emergency Services

If you are experiencing a mental health emergency or are concerned about a student who may be experiencing a crisis, please contact Counseling & Psychological Services at 703-993-2380. A clinician will consult with you to assess your situation and to identify options for dealing with the crisis. After-hours emergency services can be accessed through Mason Police and Public Safety (703-993-2810), local and national crisis hotlines (CrisisLink 703-527-4077; National Suicide Prevention Lifeline 800-273-8255), or the local emergency room.

## How to Make an Appointment

All appointments on the Arlington campus are scheduled through the Fairfax office at 703-993-2380. Services are provided by appointment only at the Arlington Campus on Mondays and Tuesdays during the academic year when classes are in session.

**For more information** about Counseling & Psychological Services, please visit us online at [caps.gmu.edu](http://caps.gmu.edu).

