

# The CAPS Center

Counseling & Psychological  
Services Center



MISERICORDIA  
UNIVERSITY

## COMMON CONCERNS

Counselors are available to meet with students to explore a wide variety of issues. Common concerns addressed are stress, anxiety, depression, relationship issues, academic distress, and substance abuse/addiction issues. The counseling staff is committed to helping students find appropriate and effective ways of managing their areas of concern.

## COST

Counseling services are provided free of charge to currently enrolled students.

## CONFIDENTIALITY

The topic of confidentiality is taken very seriously at the CAPS Center, since counseling often involves sharing personal and private information. Confidentiality is maintained in compliance with state and federal laws as well as professional ethics and standards. Client files at the CAPS Center are securely stored separately from students' academic, medical, or career services records. Information may not be released to anyone without the written consent of the student, except in rare cases, such as dangerousness to self or others, which the counselor will discuss in greater detail at the first session.



## SERVICES PROVIDED

A variety of support services are offered to students through the CAPS Center, including:

- Initial assessment and consultation sessions
- Individual counseling
- Couples counseling
- Workshops
- Group counseling
- Substance abuse and addiction counseling
- Consultation services
- Referral services
- Crisis intervention

## OUTREACH

The CAPS Center sponsors several student peer associate groups (e.g., Active Minds, HOPE, and Peer Advocates) and offers outreach programming on a variety of personal development topics and issues throughout the academic year.

## MISSION STATEMENT

The mission of the Counseling and Psychological Services Center (CAPS Center) is to foster the holistic development of student wellness, mental health, resilience, and optimal success by offering short-term clinical services, outreach and educational programming, and consultation services in a non-judgmental inclusive environment where all are welcome.



## APPOINTMENTS

Counseling appointments may be made anytime online at [www.misericordia.edu/caps](http://www.misericordia.edu/caps) or during normal business hours (8:30 a.m. – 4:30 p.m.) by calling (570) 674-6408 or visiting the CAPS Center, located on the lower level of McGowan Hall.

## CONSULTATION OR REFERRALS

Faculty, staff, or students who would like to consult about a non-emergency concern or refer a student may call (570) 674-6408, email [caps@misericordia.edu](mailto:caps@misericordia.edu), or walk with the student to the CAPS Center during business hours to ensure access to CAPS Center services.

## PSYCHOLOGICAL EMERGENCIES

A Counselor On Call is available 24/7 for on-campus mental health emergencies, accessed by contacting a RA/RD or Campus Safety at (570) 674-6300.

For off-campus mental health emergencies, students should call the National Crisis and Suicide Prevention Hotline (800-273-8255) or 911, which are available 24/7 and can provide immediate assistance local to the student.



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