

CAPS: Seeking Mental Health Support at Stanford



CAPS (Counseling and Psychological Services) is a confidential mental health resource for Stanford students. They offer free short-term counseling and psychological services as well as workshops, group counseling sessions, referrals, and resources for long-term help.

They also offer 24/7 emergency support at 650.723.3785.

The whole process is fluid, so your specific experience may not follow this exact timeline.

Contact Info

- 650.723.3785
- vaden.stanford.edu/caps
- 866 Campus Drive
Stanford, CA 94305

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Phone-In

free | 5 min.

In order to schedule an initial appointment (called CAPS Connects), you can call CAPS at 650.723.3785 on weekdays 9AM - 4PM. If you have been to CAPS before, you can request your previous provider.

2

CAPS Connects

free | 15 - 20 min.

This short appointment helps CAPS providers understand your needs to match you with appropriate resources and services, including but not limited to those listed below.

3



Groups and Workshops

free | 60 min.

These are supportive spaces where you can learn skills, gain insights, and connect with others. There are various ways to enter groups and workshops, including drop-in options and referrals from CAPS Connects, CAPS therapists, or community therapists.



Brief Consults

free | 45 - 50 min.

These are short-term therapy/consultation sessions with a CAPS licensed professional. There is no limit to how many times you can use this option, but if you want long-term support they can help you find a community referral.



Community Referrals

varies by provider

This option is for students seeking specialized and/or long-term support. CAPS can help you find therapists whose services are covered by your health insurance plan. In-person and virtual sessions may be available.



Psychiatry Consults

\$25* | 45 - 60 min.

If you are needing potential medication consultation, you can be referred to a psychiatrist in the community or meet with a CAPS psychiatrist (\$25 copay through Cardinal Care or full cost for other health insurance, which may be reimbursed by your provider).

