Rutgers Student Health: CAPS
(Counseling, ADAP and Psychiatric Services)

Presented by Dana Simons, MA, NCC, LPC
CAPS Community Based Counselor
CAPS Main Location

College Avenue Campus

(17 Senior Street)
CAPS Community Based Counselor Locations

- Asian American Cultural Center
- Ernest Mario School of Pharmacy
- Honors College
- Mason Gross School of the Arts
- School of Engineering
- School of Environmental and Biological Sciences
- Center for Social Justice and LGBT Communities
- Rutgers Global: International Students and Scholar Services
- Rutgers Graduate School
- Paul Robeson Cultural Center
- Student Access and Diversity Programs
- Business School
- Rutgers Graduate School
- Center for Latino Arts and Culture
Community Based Counseling Team
Providing Embedded Services Where Students Live and Work
What are some of the services to students that CAPS provides?

- “Let’s Talk” – Informal Consultation with a Counselor
- Community Outreach
- Workshops that Teach New Skills
- Group Services
- Psychiatric Care
- Individual Counseling Services
- Substance Use Treatment and Recovery Housing
- Information and Referral to Community Services
• Informal, confidential consultations
• Free!
Who might benefit from “Let’s Talk or Let’s Tele-Talk”?

“Let’s Talk” is often the best fit for those students who:

1. are not sure about counseling
2. are not interested in on-going counseling
3. have a specific problem
4. feel “off.”
How Can Students Get Connected to Community Based Counselors?

- Call our main number: 848-932-7884
- Leave a message stating the following clearly:
  - First and last name
  - RUID#
  - Phone number
IN CRISIS?

**CAPS Daytime On Call Service**

After Hours:
Rutgers Hopeline 855-654-6735
Acute Psychiatric Services 855-515-5700
Crisis Text Line KNIGHTS 741741
Contact Res Life Staff
Call RUPD 848-932-7211
CONCERNED ABOUT A FRIEND?

DO SOMETHING!
dosomething.rutgers.edu
Resources

Counseling, Alcohol & Other Drug Assistance Program (CAPS)
17 Senior Street
New Brunswick, NJ 08901
848-932-7884

Health Outreach, Promotion, and Education (HOPE)
8 Lafayette Street
New Brunswick, NJ 08901
848-932-1965
healthed@rutgers.edu

Student Health Services Office
Hurtado Health Center
11 Bishop Place
New Brunswick, NJ 08901
848-932-7402
health@rutgers.edu

Violence Prevention and Victim Assistance
3 Bartlett Street
New Brunswick, NJ 08901
848-932-1181 (24 hours/day, 7 days/week)
vpva@echo.rutgers.edu

Student Affairs Compliance & Title IX
2 Richardson Street
New Brunswick, NJ 08901
848-932-8200

Office of the New Brunswick Chancellor-Provost
Old Queens Building, Suite 101
83 Somerset Street
New Brunswick, NJ 08901
848-932-7821

Office of Disability Services
Lucy Stone Hall, Suite A145
54 Joyce Kilmer Avenue
Piscataway, NJ 08854-8045
848.202.3111
dsoffice@echo.rutgers.edu

Dean Of Students
88 College Ave
New Brunswick, NJ 08901
(848) 932-2300
deanofstudents@echo.rutgers.edu.