

Counseling and Psychological Services (CAPS) Reopening Plan 2020-2021

CAPS and SACS will continue to provide services to IU students using innovative technology and online resources. We are committed to supporting students as they navigate unique circumstances due to COVID-19 and as they strive towards their academic goals and personal growth.

Clinical Services

- Most clinical services (individual, couple, polyamorous relationships) will be provided remotely by the CAPS staff. Services will be provided on HIPAA compliant platforms.
- To schedule new and returning appointments students can call 812-855-5711.
- Initial CAPS Now appointments can also be made online.
- <https://healthcenter.indiana.edu/make-appointment/index.html>

Consultations and Emergency Services

- Counselors will be available to provide consultation to faculty/staff/students regarding concerns about students who are experiencing mental health crisis. Emergency Services **Counselors can be reach by calling 812-855-5711 between 8:00 a.m. – 4:30 p.m.**
- ProtoCall, **CAPS' crisis service, will remain available after hours and during lunch (11:30-1:00 p.m.)** Call 812-855-5711 option 1
 - During office hours **out of state students** can assess CAPS's crisis service (ProtoCall) to receive help for mental health crisis and to identify mental health resources locally. **Call 812-855-5711 and tell the receptionist you want to speak to a ProtoCall counselor.**

Group Counseling

- Support groups, interpersonal therapy groups and skill-based groups will be provided on HIPAA compliant video platforms. Call 812-855-5711 to schedule a screening appointment
- Information on workshops, webinars and support groups can be found online.
<https://healthcenter.indiana.edu/counseling/workshops-groups.html>

Outreach Services

- Outreach services will be provided through webinars/workshops/online resources – check our calendar and join a session here: <https://events.iu.edu/healthcenteriub/>
- Well Track self-help resources | (<https://indiana.welltrack.com/>), online self-assessments (<https://healthcenter.indiana.edu/counseling/self-assessment.html>), and other COVID-19 resiliency resources (<https://healthcenter.indiana.edu/health-answers/psychological-stress/wellness-wheel.html>) are available to all students regardless of their location <https://healthcenter.indiana.edu/health-answers/psychological-stress/index.html>
- Faculty/staff/students may request presentations from CAPS/SACS staff. Recorded information as well as virtual (zoom) presentations are available.
- Submit a request for outreach programs by completing the request form.
<https://healthcenter.indiana.edu/contact/caps-form.html>
- Get monthly updates about our services through the CAPS/SACS Newsletter; sign up here:
<https://healthcenter.indiana.edu/counseling/caps-newsletter/index.html>

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