CAPS Is Still Here for Students during COVID-19!

What CAPS services are available during COVID-19?

CAPS remains open and has fully transitioned to offering telehealth clinical services via HIPAA compliant Zoom for Emory enrolled students. Students can call CAPS at 404-727-7450, Monday-Friday, 8:30-5:00, to speak with a counselor on-call or to talk with a member of our triage team who can assess needs and help with next steps. Students who have already connected with a CAPS counselor this year can reach out to them directly.

Can students receive telehealth services from CAPS if they are residing in another state?

It depends. Under normal circumstances, this is not allowable due to professional ethical guidelines and the laws and regulations pertaining to practicing in states where one is not licensed. However, during COVID-19, there are a growing number of exceptions by state licensing boards, which may allow CAPS staff to provide limited therapy services to students in other states. We are happy to talk with students to clarify the services available to them, help them sort out their concerns, provide continuity-of-care consultations, and help them connect with their local resources if needed.

How do students find a therapist in their community at home?

To find a local therapist in other states, students can check with their insurance company for recommendations, check out the Thriving Campus website https://emory.thrivingcampus.com/, which allows students to search by location across the country, or visit the Psychology Today website https://www.psychologytoday.com/us under the “find a therapist” tab. Students with the Emory student insurance should contact CAPS or Student Health Services to have an insurance referral activated, which must be renewed every August.

What other resources is CAPS offering?

CAPS is offering online workshops focused on skill building and support: (1) Managing Stress & Anxiety during COVID-19; (2) Social Distancing ≠ Social Isolation; and (3) Prepare for Procrastination. CAPS is also offering online discussion and support drop-in sessions for international students. Additional information about these events can be found at bit.ly/emorycaps. Additional local and national online support resources are on the CAPS website: http://counseling.emory.edu/.

What should I do in case of emergency?

Call the Emory Police Department at 404-727-6111 from on campus, or 911 from off-campus. Additional crisis resources include the National Suicide Prevention Lifeline (1-800-273-8255); Georgia Crisis & Access Line (1-800-715-4225); and the National Crisis Text Line (Text “Home” – or “Steve” to connect with a person of color -- to 741741). Additional crisis resources are on the CAPS website: http://counseling.emory.edu/