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[Who can utilize CAPS?](#)

CAPS services are available to any currently enrolled student at the University of New Haven.

[Can I come once and try it out?](#)

You can. We work on a consultation model, so you can come and see if therapy is the right fit for you.

[What kinds of therapy do you do?](#)

Our therapists offer several different modalities including Cognitive Behavioral Therapy, Person-Centered Therapy, and Solution-Focused Brief Therapy.

[Do you offer anything other than individual therapy?](#)

We offer an array of support groups, a therapeutic process group, and consultation.

[What if I don't connect to my therapist?](#)

We would encourage you to give a therapist a chance to work with you, but if you don't feel comfortable, we can help you find a better fit.

[What kinds of things do you work on?](#)

We work on whatever our clients need to work on. We see clients who struggle with anxiety, depression, stress, and more.

[Do you bill my insurance?](#)

Our services are included in the cost of tuition, so we do not bill insurance.

Do you share my info or that I'm seeing a therapist with the University?

Our services are confidential. We do not share who our clients are or what they are working on.

Can I receive my medication through CAPS?

CAPS works closely with Shoreline Wellness Center in West Haven, which is a public resource.

What if I'm in crisis?

You can call our main number, 203-932-7333. During regular business hours (M-F, 8:30-4:30 p.m.).

Can CAPS help me get services outside of the University?

Yes, we can! In addition to Shoreline as well as a list of local referrals for diagnostic testing and treatment.

CONTACT US

Counseling and Psychological Services

Charger Plaza, Bldg. B, Ste. 111

Call: (203) 932-7333

Fax: (203) 931-6082

Email: Paige Bartels, Director: PBartels@newhaven.edu

SEMESTER HOURS:

Monday-Friday, 8:30 a.m.-4:30 p.m.

RESOURCES FOR CURRENT STUDENTS

CAPS on myCharger

EMERGENCIES

Sometimes situations arise that are considered crises or emergencies. The following departments can help:

Counseling Center: (203) 932-7333

Dean of Students: (203) 932-7432

Health Services: (203) 932-7079

Residential Life: (203) 932-7076

University Police: (203) 932-7070

Here is a first-person look at what you can expect for your first appointment with the Counseling Center:

HELPFUL LINKS

[Counseling & Psychological Services](#)

[Meet Our Team](#)

[Information for Parents](#)

[Appointments and Confidentiality](#)

[Frequently Asked Questions](#)

[CAPS on myCharger \(current students\)](#)

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