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Frequently Asked Questions - CAPS

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Where are you located?



Do I need an appointment to see a therapist?



How do I make an appointment?

How long does it take between when I make the appointment and when I will be seen?

I am a registered student, what does it cost to use your services?

I am not a registered student for this semester; can I still use your services?

What are your office hours?

What if it's an emergency and I can't wait for an appointment?

What if I am feeling suicidal or homicidal?

What if I am a student and need to talk to somebody at night or on the weekend?

What if I am a parent, faculty member, or staff member who would like to consult about a student of concern?

What kind of training does your staff have? Do you have students working at the counseling center?

Do you have therapists who can work with people from varying backgrounds and cultures?

Do you have therapists who are familiar with sexual identity (including questioning) and gender identity concerns?

How many students go to CAPS?

What kinds of problems can I be seen for at CAPS?

Is there a limit to how long I can receive therapy at CAPS?

Is everything confidential? Can my parents or professors find out I've been to CAPS?



Is it true that you won't see some students? My friend said you wouldn't give him counseling and told him to see a private therapist.



What if I need medication?



I think I might have a problem with drinking or substance use. Can you help with that?



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3601 Pacific Ave.
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Sacramento Campus

3200 Fifth Ave.
Sacramento, California 95817
Admissions: 916.739.7105

San Francisco Campus

155 Fifth St.
San Francisco, California 94103
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