



# Returning to CAPS

## *Here's how to re-connect to individual counseling with a CAPS therapist...*

If you received ongoing counseling with a CAPS provider last year, and would like to continue receiving support when you return to campus, you have 2 options:

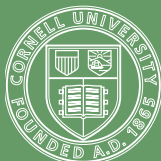
### **1. Continue with the therapist you saw before:**

Here's what to do:

- There's no need to do anything until you are back on campus (i.e., no need to "pre-book" to hold a spot).
- Once back on campus, schedule a 25-minute CAPS visit to re-establish care with your therapist.
  - The easiest way to do this is to log into myCornellHealth and follow the prompts as follows: *Appointments > Mental Health Care > CAPS > 25-minute appointment.*
  - The schedule will show you all of the CAPS visits available in the next 24 hours.
  - If you don't see any available appointment with your therapist, walk in or call CAPS (607-255-5155) during business hours to request an appointment with your therapist.
- What to expect: During your 25-minute visit, your therapist will review where you are with the concerns you have previously addressed in therapy, talk with you about goals for the semester, and work with you to make a follow-up plan in keeping with your needs. This may include more 25-minute appointments, 50-minute appointments, group counseling, or other resources.

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## 2. Try a new therapist\*

- There's no need to do anything until you have arrived on campus; however, you may want to familiarize yourself with the CAPS staff: go to [health.cornell.edu/CAPSstaff](http://health.cornell.edu/CAPSstaff)
- Once back on campus, your first step to getting care is to schedule a 25-minute CAPS visit.
- If talking with someone in the next 24 hours is your priority, the easiest way to do schedule an appointment is to log into myCornellHealth and follow the prompts as follows: *Appointments > Mental Health Care > CAPS > 25-minute appointment*
- The schedule will show CAPS visits available in the next 24 hours. Select an appointment with whichever counselor you wish to see.
- Note: If you don't need to talk with someone in the next 24 hours and/or you can't find an appointment that works for you, walk in or call CAPS (607-255-5155) during business hours to ask for assistance scheduling an appointment.

*\* Note: This process for "trying a new therapist" is the same one students follow when if they are new to CAPS and making their first appointment.*

## **NEW: Arrive at least 10 minutes before your counseling visit**

CAPS clients must now complete two online tasks prior to each counseling visit:

- a pre-visit questionnaire (*available at myCornellHealth as soon as you schedule your appointment*)
- a mental health survey related to your visit (*available upon check-in*)

Be sure to arrive at least 10 minutes before your scheduled visit; late arrival may require rescheduling.

## **Learn more about our changes**

online at [health.cornell.edu/mentalhealth](http://health.cornell.edu/mentalhealth)

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