In an Emergency

- Try to stay calm & select specific people to carry out tasks.
- Find someone to stay with the student while calls are made.
- For students that are a direct threat to themselves or others, or who act in a disruptive, a bizarre, or a highly irrational way, call:
  
  **SMU Police**
  911 or 214-768-3333 (Available 24/7)

- For transportation or protection
  
  **SMU Office of Dean of Student Life**
  214-768-4564

**CAPS — Counseling & Psychiatric Services**
214-768-2277

- For daytime emergency consultation, evaluation, treatment, and referral please come to the CAPS office immediately to be evaluated
- For after hours & weekend emergencies, contact on-call therapist using pager # provided in voicemail message.

**Sexual Assault Counseling**
214-768-4795 (Available 24/7)

**Memorial Health Center — Medical Services**
(214) 768-2141

- For medical treatment, consultation, and referral (8:30am-5pm); after hours (call 911 or Nurse Response: )

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**Campus Resources**

**SMU Memorial Health Center**
Medical Services: 214-768-2141
CAPS: 214-768-2277

**SMU Police Department**
Emergency: 911 or 214-768-3333
Non-Emergency: 214-768-3388

**SMU Office of Dean of Student Life**
214-768-4564

**Caring Community Connection**
https://smu.edu/studentaffairs/deanofstudentsCCC/

**SMU Office of Psychological Services for Women**
(Sexual Assault Counseling available 24/7)
214-768-4795

**Suicide & Crisis Prevention Hotline**
214-828-1000

**SMU Alcohol & Drug Abuse Prevention**
214-768-4021

**Contact Dallas**
972-233-2233

**Dallas Area Rape Crisis Center**
972-641-7273

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2nd Floor of Memorial Health Center
6211 Bishop Boulevard
P.O. Box 750123
Dallas, TX 75275
smu.edu/healthcenter/counseling
**Counseling and Psychological Services (CAPS)**

**Mission**
The mission of SMU Counseling and Psychiatric Services (CAPS) is to offer SMU students a broad range of outpatient services, which are confidential and sensitive to issues of race, ethnicity, age, gender, sexual orientation, religious preference, and disabilities. CAPS promotes healthy student development and functioning via a comprehensive and collaborative approach to treatment. CAPS staff work closely together to provide four different levels of care: proactive/preventative education, evaluation, psychotherapy, and psychiatric consultation. In addition to the clinical services provided, CAPS staff also serve an integral function within the university community through involvement in various other aspects of student life and development including, but not limited to, teaching undergraduate courses, advising student organizations, participating in student affairs committees, implementing psycho-educational presentations & programs, and training doctoral-level psychology interns.

**Philosophy**
Staff members seek to provide an open, supportive atmosphere in which individuals feel free to express feelings and communicate problems. It is our belief that all persons should be accepted for who they are, and we recognize and encourage each individual’s potential for personal growth and change. Concern and respect for each person’s needs is paramount.

**Why do students go to counseling?**
Counseling & Psychiatric Services sees over 1000 students each year for a wide range of reasons. Typically, students seek counseling for difficulties with adjustment, problems with relationships, self-esteem, sexual orientation, as well as serious emotional and behavioral issues.

**Services Provided by CAPS**
Disorders commonly treated are Adjustment Disorders, Depression, Bipolar Disorder, Generalized Anxiety & other anxiety related disorders such as Social (Performance) anxiety, Obsessive-Compulsive, & PTSD; Bereavement, Eating Disorders, Personality Disorders, and relationship problems with family, peers, and romantic partners. All of these conditions can become problematic during the college years. However, if diagnosed and treated early, students can lessen the destructive paths created by these issues. If a student requires resources which are beyond the scope of our center, CAPS staff will assist with appropriate transfer of care to clinicians in the community.

CAPS staff are also available to provide consultation and on-campus outreach presentations for parents, faculty/staff, & students. If you have concerns about a student or a question regarding mental health, please feel free to contact CAPS staff for consultation or the Dean of Student Life via Caring Community Connection program.

**Confidentiality**
The staff of Counseling and Psychiatric Services (CAPS) respect client confidentiality to the fullest extent allowed by law. Information about a student’s participation in counseling and psychiatric services will not be released outside of CAPS to anyone without the student’s written authorization. There are, however, limits to confidentiality as required by law. State and federal laws indicate that there are four exceptions to this general rule:
- In situations where the student requests (by means of signed release) that his/her clinician reveal information to other specific individuals or agencies.
- In instances when the student is in imminent danger of serious harm to self or others.
- In cases involving physical and/or sexual abuse of children or endangered adults.
- Where otherwise requested by mandated court order or state/federal law.

**Scheduling an Appointment**
Counseling and Psychiatric Services is located on the second floor of the Memorial Health Center. Services are available for currently enrolled SMU students and are free with the exception of some testing services. Office Hours are Monday thru Friday, 8:30am—5:00pm

Prior to the scheduling of a student’s initial session with a CAPS provider, CAPS requires the completion of information & consent forms and a brief interview with a CAPS clinician. Students are encouraged to come to the center any weekday, from 1pm to 3pm, to turn in their paperwork & meet with a CAPS clinician. The required paperwork can be picked up from CAPS office or downloaded from the CAPS website:

http://smu.edu/healthcenter/counseling/ct_staff.asp

During the initial session, the psychologist or counselor will conduct a more thorough assessment of the student’s needs and determine the most effective way to help. Options may include counseling with a CAPS provider or a referral to a community provider.

**CAPS Clinical Team**
The CAPS clinical team is comprised of knowledgeable & gifted clinicians, including stellar pre-doctoral & post-doctoral fellows from APA accredited doctoral programs. The CAPS clinical team are dedicated to providing quality services to the SMU community.

Our clinical team includes:
- 3 Board Certified Psychiatrists,
- 6 Psychologists,
- 2 Postdoctoral Fellows, &
- 4 Pre-Doctoral Fellows

For more detailed information on the CAPS Clinical Team & Staff, view the staff profiles on the CAPS website:

http://smu.edu/healthcenter/counseling/ct_staff.asp