



# COUNSELING & PSYCHOLOGICAL SERVICES

A safe, non-judgmental, and confidential environment for students to discuss concerns. We are committed to respecting and promoting the value of diversity at the university, as well as providing culturally sensitive counseling and psychological services to the GW community.

## CONNECT WITH CAPS

Consultations are done in person and via telehealth depending on student preference during business hours. There is no appointment necessary.



### Student Health Center Locations

Foggy Bottom: University Student Center (Ground Floor)  
Mount Vernon Campus: Merriweather Hall



### Consultation Hours In Person

Foggy Bottom: Monday-Saturday 12pm - 4pm  
Mount Vernon Campus: Sunday 12pm - 4pm

*\*virtual walk-ins available Monday-Sunday 12-4pm\**

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## How We Work

A personalized stepped care approach providing flexible access.

- Attend a free, brief and confidential consultation with a member of our counseling team by calling 202-994-5300.
- During your consultation with the counselor, you will discuss the problems you would like support with and create a plan of action to address your needs.
- At the end of the meeting, you and your counselor will determine your individualized plan. If more support is necessary, we will discuss what kinds of services are available and schedule any follow-up meetings.

## CAPS Services

An array of services aimed at empowering your own mental health.

### Individual & Group Counseling

Students can join a brief, goal-oriented individual counseling session, or participate in a 60-90 minutes group session facilitated by a counselor.

### Affinity Spaces

Drop-in spaces for students who share common identities, backgrounds, and experiences.

### Workshops

Counselors explore anxiety, depression, and cultural forces that impact your well-being while guiding you through building skills on these topics.

**THE GEORGE  
WASHINGTON  
UNIVERSITY**

WASHINGTON, DC

### Counseling & Psychological Services

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