

From Dr. Lee Rosen, Director of Student Well-being:

Hello,

I know access to the [UVM Counseling and Psychiatry Services](#) (CAPS) has been a little tight and that students have been experiencing delays in being scheduled for counseling sessions. I want to make sure you know that there are two pathways to being seen more quickly by a CAPS therapist:

- If you need to be seen urgently, call CAPS in the morning between 8 and 9 and tell them you need an “urgent” appointment. They should schedule you for a same-day appointment.
- Alternatively, you can attend a [one-on-one drop-in session](#) with one of the CAPS therapists.
  - These are held in couple of locations: Living Well (1<sup>st</sup> floor of the Davis Center); the Mosaic Center for Students of Color (in Living and Learning); and Prism Center (at Allen House) for LGBTQ+ students. Note that a drop-in can lead to follow up sessions, and regardless this is a nice way to dip a toe in the therapy waters.
  - Note that CAPS also has daily, free, open-to-all-students workshops – like stress management, or dealing with perfectionism, things like that.
  - And of course, if you’re interested in discussing these matters further, or anything else, I’m glad to meet. My drop- hours are [here](#).

Lee Rosen

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