

CAPS

Afterhours

24/7 Confidential
Mental Health Support

HOW WILL IT WORK?

A student self identifies as in crisis or is identified as in crisis by WSU staff.

A phone call is made to the CAPS Afterhours Program at **(313) 577-2277**.

The Afterhours team member will need the student of concern's name, access ID, and location.

The Afterhours team member will work to resolve the student's needs, provide mental health support, and determine strategies for coping.

Ongoing check-ins may be scheduled.

STUDENTS SHOULD KNOW

CAPS Afterhours Services are **confidential**.

Services occur via telephone or Microsoft Teams.

Sessions could be anywhere from 20-60 minutes.

You're not alone.

While working toward a college degree can be an exciting time, we also understand that it can be a very challenging time. Academic and work stress, adjusting to college life, and pre-existing mental health challenges can all lead individuals to need a little extra support from time to time.

The CAPS Afterhours team is available to support WSU students with **mental health crisis situations** through confidential, virtual assessment, support, coaching, and referral. Don't hesitate to reach out when you need to talk, we're here for you.

Ph: (313) 577-2277

What can we do for you?

Remote mental health crisis support for students

Consultation for faculty and staff regarding concerns about a student

Consultation for housing staff and police

On-going check-in contacts to ensure student's safety

Information and referral

Confirm need for emergent psychiatric evaluation

Assist with psychiatric petitions for evaluation at ER

Follow-up with students previously identified as at risk

Provide education and training to WSU staff on identification of crisis symptoms

WHAT IS A MENTAL HEALTH CRISIS?

A mental health crisis is any situation where someone is experiencing intense behavioral, emotional, or psychiatric symptoms that overwhelms their ability to cope and/or could put them at risk for harming themselves or others.

CALLS WE EXPECT

Students calling because they feel overwhelmed

Students engaged in self-harming behavior

Students with thoughts of suicide

Students having panic attacks

Students with significant psychotic symptoms

Consultation from housing staff

Request for assistance with a mental health issue from WSU-PD

Students who just want to talk to someone

Faculty/staff seeking consultation

Many more instances!

CALL WSU POLICE IF..

Student has a medical problem, a serious threat of physical harm, or there is use of a weapon

WSU Police: 313-577-2222

We're here for you.

CAPS Afterhours Phone Line

313-577-2277

Hours

Monday-Friday 8:30am-5:00pm

Daytime Phone

(313) 577-3398

Afterhours Phone

(313) 577-2277

Address

5221 Gullen Mall, Room 552 Student Center Building
Detroit, MI, 48202

About CAPS

CAPS is Wayne State's Counseling and Psychological Services. CAPS is a no-cost, confidential mental health service that provides WSU students with:

Clinical assessment and case management

Individual counseling

Group counseling

Crisis intervention

Afterhours crisis support

Workshops/educational activities

Consultation to university community

Outreach services and events

To schedule a Daytime CAPS appointment, visit:

<https://caps.wayne.edu/>