

# CAPS

Counseling and Psychological Services

See our website for updates:

[www.seattleu.edu/CAPS](http://www.seattleu.edu/CAPS)

## Teletherapy Options Available

### Contact Information:

(206) 296-6090

[caps@seattleu.edu](mailto:caps@seattleu.edu)

### Business Hours:

Monday - Friday

8:30 a.m. - 12:00 p.m.

1:00 p.m. - 4:30 p.m.

### Services:

We offer free and confidential psychological services to enrolled students.

### Mission:

CAPS promotes the psychological health of students and the campus community through affirmative therapy and other multi-culturally informed services in order to empower students to participate fully in campus life.

**Mental health emergency:  
(206) 296-5911 Public Safety  
or call 911**

### Accommodations:

Please let us know if our services can be made accessible to you.



**SEATTLEU**

COUNSELING AND  
PSYCHOLOGICAL SERVICES