Explore
Understand
Thrive

Counseling and Psychological Services
We Can Help

Counseling and Psychological Services at Carnegie Mellon University offers students the opportunity to talk about personal, academic, or other concerns in a safe, confidential setting.

Students come to CaPS for many reasons:
- Problems with family, friends, or school
- Concerns about the future
- Feelings of stress, low self-esteem, anxiety, depression, or loneliness

OUR SERVICES
- Evaluation and referral
- Short-term psychotherapy
- Consultation
- Crisis support

CaPS services are provided at no cost.

LOCATION
CaPS is located on the 2nd floor of Morewood Gardens, E-Tower.

CONTACT US
For an appointment, call 412-268-2922 during regular office hours—Monday through Friday, 8:30 a.m. to 5 p.m.

For emergencies, our phone is answered 24/7.
www.cmu.edu/counseling