

MONSOUR COUNSELING & PSYCHOLOGICAL SERVICES

MCAPS
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THE CLAREMONT COLLEGES
SERVICES

Overview

Monsour Counseling and Psychological Services (MCAPS) provides mental health services to the students of The Claremont Colleges. We have a diverse staff made up of mental health professionals including psychologists, doctoral level therapists, marriage and family therapist, post-doctoral fellows, psychiatrists and support staff.

MCAPS Services

- ◆ We are excited to announce that we are improving timely access to mental health services at MCAPS. We now offer a Rapid Access Initial Assessment.
- ◆ MCAPS will now be offering counseling, assessment, and crisis services via teletherapy or telephone for students living in California (this is due to state laws).
- ◆ During our regular office hours, we offer in-person appointments for crisis situations that cannot be handled via telephone or remote zoom session. Rest assured we have options for our out-of-state students too and we can discuss these in detail if you contact our office.
- ◆ The services we provide include, brief individual and couples therapy, group psychotherapy, crisis/on-call services, psychiatry, outreach programming and workshops, and consultations. Therapy services are provided in a confidential environment.

Student Experience

- ◆ Every student at The Claremont Colleges requesting MCAPS services will be seen for a brief 20-25 minute appointment within a few days. This will allow us to quickly connect each student to appropriate mental health care.
- ◆ During the first appointment, student's needs will be assessed and treatment options will be discussed such as being seen at MCAPS for brief short-term goal directed therapy, referred to a therapist in the community, or referred to another resource.
- ◆ MCAPS will now be offering counseling, assessment, and crisis services via teletherapy or telephone for students living in California (this is due to state laws).
- ◆ Students can also call MCAPS to inquire about therapy groups on a number of different topics. Group therapy and outreach workshops will also be offered remotely.
- ◆ Students may also participate in workshops and presentations regarding different areas of mental health and skill building.
- ◆ Psychiatry is also available for students who are seeing a therapist at MCAPS, referred by a therapist they are actively seeing, or needing medication monitoring.
- ◆ Students may also call MCAPS to consult about how to help someone they are concerned about.

Connect with Us

Please visit our website for more information and upcoming events:
services.claremont.edu/mcaps

MCAPS Office

757 N. College Way
Claremont, CA 91711

(909) 621-8202

If you are in crisis and need to speak with a counselor by phone, please call our main phone number **(909) 621-8202** and dial "1" when prompted to be connected with an on-call therapist.

At a Glance

- ◆ Services are free to students
- ◆ MCAPS On-Call therapist is available 24/7 by calling our main office number
- ◆ Services are confidential with limits to confidentiality discussed during first appointment
- ◆ Treatment records are separate from a student's academic records

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