MONSOUR COUNSELING & PSYCHOLOGICAL SERVICES

MCAPS
Monsour Counseling and Psychological Services

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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