

CAPS ACCESS VISIT

4849 Martin Luther King Blvd.
Health 2 Building
713-743-5454

Step 1: Check In

Please stop by the front desk to check-in. You will need your Cougar Card. Plan for the process to take about an hour.



Step 2: Paperwork

Please complete the (15-30 minutes) required and necessary paperwork **prior to being seen**. This information ensures your clinician can meet your needs in a timely manner.



Step 3: Meet your Clinician

Your clinician will bring you to a private office where you will meet for a brief assessment (20-25 minutes) to determine what CAPS service(s) will best meet your needs.



Step 4: Next Steps

Your clinician will provide you with recommendations for next steps.

Need assistance after your Access Visit?

Call CAPS 24/7 at 713-743-5454 or text 988.



CAPS Services

Access Visit – Crisis

In crisis? Come to CAPS between 10am - 4pm or call us 24/7 at 713-743-5454.

Essential Skills Workshops

If you are looking to learn skills for managing your emotions or anxiety, you might consider our Essential Skills Workshops. Workshops are much like attending a class. Workshops meet for 1 hour each week.

Workshop appointments can be scheduled during your Access Visit and combined with any other service.

Individual Counseling

If you are interested in addressing specific issues and exploring your feelings, thoughts, or memories that you normally push away, ready for require self-reflection and active participation throughout the process, you might consider Individual Counseling.

Individual appointments are typically scheduled every two weeks and average 5-10 sessions.

Group Counseling

If you are interested in improving your interpersonal relationships, you may consider group counseling.

Group appointments meet for 1.5 hours in-person weekly with other members and 1 or 2 clinicians to explore new ways of coping, behaving, and interacting with others.

Focused Care Hour

If you are interested in attending 1-2 sessions to address a specific issue and make changes, you may consider a Focused Care Hour.

Focused Care Hour appointments are scheduled one at a time after your Access Visit.

Relationship/Couples Counseling

If you are having issues with your romantic partner, or if your relationship issues are the main source of your current unhappiness, you may consider relationship counseling.

Relationship Counseling appointments follow the same model as our Individual Counseling. Only 1 member of the relationship must be an enrolled student and both parties must be in the state of Texas at the time of the appointment.

Care Coordination

If you are looking for specialized care or a service we do not offer, our Clinical Case Managers will meet with you to find a provider that meets your needs and is affordable.

Care Coordination appointments can be scheduled during your Access Visit.