

Counseling and Psychological Services (CAPS)

Contact Us

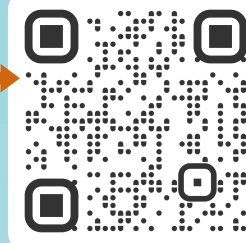
Phone: 650.723.3785

Hours: M-F, 8:30am - 5pm PT

Location: Vaden Health Center,
866 Campus Drive, Stanford, CA 94305

Website: vaden.stanford.edu/caps

Scan for FAQs



If you are experiencing a life-threatening or mental health emergency, call 911 (9-911 from an on-campus phone) for immediate help or go to the nearest hospital emergency room.

Schedule an Appointment

Wait times for scheduled initial visits have averaged less than 2 days this past year. Same-day access is available for urgent concerns.



Crisis Support or Urgent Concerns:

Call 650.723.3785 (24/7) to speak with a crisis specialist.

If you are unsure your concern is urgent, do not hesitate to call the crisis line.

CAPS Services:

- 1 Call 650.723.3785 on weekdays from 8:30am- 5pm PT, or come by in person.
- 2 You will speak to a CAPS front desk administrative associate who will connect you with the appropriate resource based on your needs.

Services Provided

No cost confidential CAPS services include:

- Brief Therapy
- Groups and Workshops
- Crisis Specialist on Call
- Let's Talk in Community (via Zoom)
- Referral Support



Medication management with a CAPS psychiatrist is fee-for-service (\$25 copay for students with Cardinal Care).

NEW TimelyCare Virtual Medical & Mental Health Care

TimelyCare provides virtual mental health care to enrolled students in the United States, 24/7/365. **No cost** services (paid for by Vaden Health Services) include:

- MedicalNow
- TalkNow
- Scheduled Medical
- Scheduled Counseling
- Self-Care Content



To Access TimelyCare:

Visit timelycare.com/stanford or download the TimelyCare app

TimelyCare is not meant to replace Vaden resources for students with urgent medical or mental health needs.

Explore Mental Health Resources at Stanford

Your go-to hub for navigating the many mental health and well-being resources at Stanford.