Counseling and Psychological Services (CAPS)

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.

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.