What is CAP?

Recognizing the stress and challenges college life can bring, your college has partnered with CHI Health to provide services through the Counseling Assistance Program (CAP). CAP is designed to assist students and dependent family members who may be experiencing a wide range of human problems. Typical problems addressed by CAP include: stress, adjustment to college life, relationship and family conflicts, parenting issues, substance abuse, financial and academic concerns. CAP counselors are Master’s level, licensed professionals with many years of experience.

What does it cost to use CAP?

This is a free benefit to full-time students at College of Saint Mary. CAP offers up to five counseling sessions, per occurrence or problem. If further help is needed beyond the scope of CAP, the counselor will help you connect with professional and community resources. For any services beyond CAP, there may be some cost to you; however, in many cases you can access your health insurance to cover part of the cost. Our counselors will also help you locate sliding-fee services if needed.

Who will know if I use CAP?

CAP is a confidential service and no one will know about your visit to CAP without your expressed written permission. Students under the age of 19 who access CAP will need written authorization from a parent or legal guardian to access our services. CAP follows all state and federal guidelines regarding confidentiality.

Can school administration refer me to CAP?

Yes. In some cases, administration / faculty may have concerns about your academic performance or personal issues, which may make a referral necessary. This referral is to help you resolve any difficulties which may be impacting your success. If you are referred, you may be asked to sign a release of information so your attendance and follow-through can be shared with designated CSM staff. No information regarding the nature of your concerns will be released to your school.

Where are the CAP Counselors located?

Our main site is conveniently located close to the college. We are at 7710 Mercy Road, Professional Center Bergan 2, Suite 303 which is on the CHI Health Bergan Mercy Campus.

How do I contact the Counseling Assistance Program?

You can arrange for a confidential appointment with a CAP counselor by calling (402) 398-5566 or (888) 847-4975 24 hours a day, 7 days a week.