

Counseling and Psychological Services

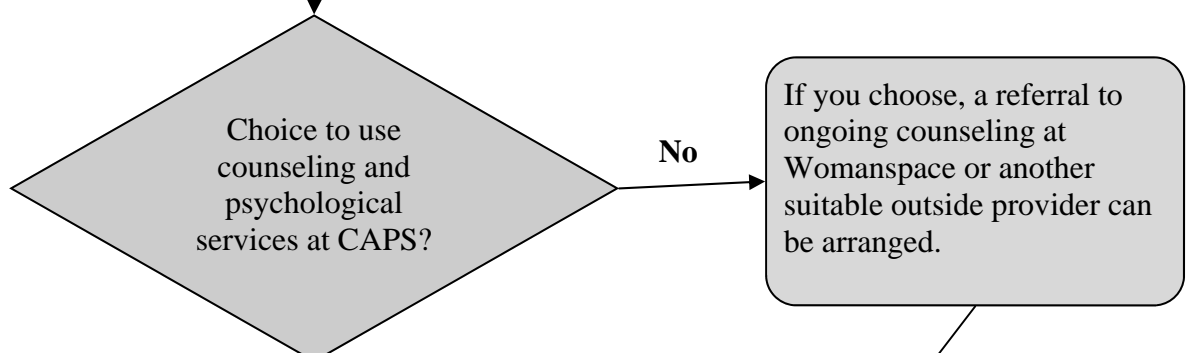
Flow chart of steps taken with sexual assault victim/survivors

At Counseling and Psychological Services (CAPS), privacy and confidentiality are basic tenets; at **any** point in seeking help, you may request private attention away from the reception area (just say "It's private").

To obtain counseling and psychological services at CAPS, you can call 609-771-2889 or stop by the office in Eickhoff Hall 107. You will be asked to fill out a request form (Remember, privacy is available upon request).

You can speak (privately, if desired) to the receptionist. If you reveal that the situation involves a sexual assault, the receptionist will arrange an appointment ASAP with a counselor and either gender can be requested.

When you meet with a counselor, you will be able to learn, discuss, and review options. Resource materials describing your options will be available (e.g. *Survivor's Guide to Sexual Assault*).



If you choose, a referral to ongoing counseling at Womanspace or another suitable outside provider can be arranged.

If you choose counseling with CAPS, you will be offered brief (8 sessions/academic year) counseling at no cost.

If your needs exceed our brief counseling model, you can be referred to an appropriate local provider.

As a survivor of sexual assault, you can **choose** which resource(s) to access:

- Womanspace
- TCNJ Office of Anti-Violence Initiatives
- Student Health Services
- Campus Police
- Community Standards
- Mercer County Sexual Assault Response Team (S.A.R.T.)

The resource(s) will be involved as you choose and as needed.

Upon successfully completing counseling or the referral process, your counselor will ask if it is alright to follow up. With your consent, your counselor will contact you based on your preferences.