

Resources for Grad Students!

CAPS @ Mason – Free consults to ALL students – including graduate students

<https://caps.gmu.edu/>

Comprised of licensed clinical psychologists, social workers, and counselors, CAPS offers group and individual therapy, workshops, and community education programs. Therapy Assisted Online (TAO) counseling, the newest addition of services from CAPS, is a free, strictly confidential interactive web-based program that provides 24/7 self-help resources on various topics, such as general worries, low mood, substance abuse evaluations, and interpersonal relationship communication. From 12:30pm-2:30pm (M-F), CAPS welcomes walk-in consultations. In addition, CAPS hosts daily workshops at 3pm.

GMU Center for Psychological Services – low cost services on a sliding scale (therapy & testing) for anyone in the community

<https://psyclinic.gmu.edu/>

The Center provides evidence based testing and therapy to anyone in the community. Fees are significantly lower than the community, and are not to be a barrier to treatment. In addition, the Center is providing care to essential workers—including teachers--starting with a free, anonymous call-in line at **703-215-1898**. Our goal is to provide support specifically targeting stresses related to having to be an essential worker.



STEP 1: CALL-IN LINE

Essential workers in Virginia can seek support by calling the Center's support center anonymously. Facilitators, trained in mental health first-aid, will be ready to help.



STEP 2: BRIEF VIRTUAL THERAPY

Callers who need, or would like, additional support will be offered 3 free sessions with doctoral students who have been trained in Brief Assessment-Informed Skills Intervention for COVID-19 (BASIC).



STEP 3: VIRTUAL THERAPY

Additional free sessions are available for those who have experienced trauma, depression or anxiety in the context of COVID-19.

The Women's Center – also uses a sliding scale for therapy services, great webinars for anyone in the community

<https://thewomenscenter.org/>

We have a wide range of virtual services available, including individual, couples, family, and group telehealth sessions! At this time, our Domestic Violence and Sexual Assault Program in Virginia and DC are providing virtual appointments. However, if it is unsafe to talk by phone or video call, our Virginia team can make arrangements in person for emergency cases. DVAC is offering services virtually. Our Break the Cycle Support group is meeting via Zoom. Scroll down to see a list of resources for victims and survivors. Please leave a message at our Intake Desk at (571) 385-1625 in Virginia and (202) 293-4580 in DC to make an appointment.

Important Links to National Hotlines!

Found on: <https://psyclinic.gmu.edu/covid-19-resources/general-resources>

National Emergency Crisis Lines and Websites:

911 Emergency

CRISIS TEXT:

[Crisis Text Line](#) Text HOME to 741741

[CrisisLink](#)

- 703-527-4077
 - +1 (800) 273-8255 National Suicide Prevention Lifeline
 - +1 (800) 996-6228 Family Violence Helpline
 - +1 (800) 366-8288 Self-Harm Hotline
 - +1 (800) 230-7526 Planned Parenthood Hotline
 - +1 (800) 222-1222 American Association of Poison Control Centers
 - +1 (800) 622-2255 Alcoholism & Drug Dependency Hope Line
 - +1 (800) 233-4357 National Crisis Line, Anorexia and Bulimia
 - +1 (888) 843-4564 GLBT Hotline
 - +1 (866) 488-7386 TREVOR Crisis Hotline
 - +1 (800) 221-7044 AIDS Crisis Line
 - +1 (800) 422-4453 The Childhelp National Child Abuse Hotline
 - +1 (877) 565-8860 The Trans Lifeline
 - [Lifeline Crisis Chat](#)
 - [Veterans Crisis Line](#)
 - [Suicide Prevention Wiki](#)
 - [Childhelp](#)
 - [The Trans Lifeline](#)

Additional Resources for Students in Need

[Campus Resources](#) | [Learning Services](#) | [George Mason University \(gmu.edu\)](#)

[Student Support and Advocacy Center \(SSAC\)](#)

The Student Support and Advocacy Center (SSAC) is located in SUB I, room 3200. SSAC's mission is to provide an empowering environment for all Mason students to seek support services and to explore healthy life choices. If you feel your student is in need of help but is reluctant to seek assistance, SSAC can arrange an intervention with students who are encountering life crises or significant personal challenges to express the value in pursuing support services.

[The Patriot Pantry](#)

The Patriot Pantry is a free service for students who identify as food and/or home insecure. The Patriot Pantry's mission is to raise awareness about food insecurity and homelessness within the Mason student population. Primarily managed by student workers and volunteers, the Pantry is housed under SSAC. The Patriot Pantry provides non-perishable food and personal items as well as information to access available resources at Mason. To schedule an appointment at the Patriot Pantry, email pantry@gmu.edu. A staff member will be in touch to schedule your initial appointment.

[Office of Diversity, Inclusion, and Multicultural Education \(ODIME\)](#)

ODIME's mission is to "lead the university in creating and sustaining inclusive learning environments where all members of the Mason community are welcomed, valued, and supported." ODIME offers support to our Mason's diverse student populations, including Asian/Pacific American, Black/African American/African Heritage, Hispanic/Latino(a), Middle Eastern and North African (MENA), and Native American/Indigenous heritages.

Student Conflict Resolution and Support (SCRS)

The SCRS Coordinator can listen to university-related concerns raised by undergraduate and graduate students in confidence and off-the-record, as well as help them identify appropriate resources to address their concerns and understand their options in any University-related situation. SCRS operates independently of all formal processes at the university. The SCRS Coordinator has no authority to make exceptions or to grant requests but can help expedite informal resolution to students' concerns. When appropriate, the SCRS Coordinator may recommend changes in processes and policies at the university. Located in SUB I, Room 2410 in the Office of Diversity, Inclusion, and Multicultural Education (ODIME). To speak with the Student Conflict Resolution Coordinator, contact Thomas Carter II at tcarte2@gmu.edu or call at (703)-993-3306.