Many Carolina students have questions about mental health services at UNC.

We’re going to share with you today some things you may have thought were true about CAPS but really aren’t.

Myth: You have to be suicidal to be seen at CAPS.

Fact: Students who come into CAPS for services run the entire psychological continuum from developmental concerns like transitioning to college and fitting in to full-blown psychiatric crises like a first psychotic break or a manic episode. Any concern is a good concern to bring to CAPS.

Myth: CAPS will only see students for 6 sessions of therapy.

Fact: We got rid of session limits years ago. Most students when we look back at our data are completely satisfied with and complete their therapy at CAPS within three to six sessions and now that we no longer have session limits this gives us the flexibility to work with other students for eight or fifteen or even twenty sessions.

Myth: Every student who comes to CAPS is referred to the community.

Fact: The vast majority of students who walk in for CAPS services receive services here. In fact about thirty percent of students are referred to the community to reach their mental health needs and we have staff on hand to help with that connection.

Myth: CAPS Groups are less valuable than individual therapy.

Fact: CAPS groups address the typical concerns of college students. Some group participants tell us that they really appreciate the ability to give and receive feedback with all the members of the group rather than just the one therapist who would be in the room for an individual session.

Myth: Only first year students need CAPS services.
Fact: All students and post doctoral fellows at UNC can benefit from CAPS. When we look back at our visit data there's a pretty even distribution across academic years. These numbers are from the 2015-2016 academic year.

You might still have questions about CAPS and you can learn more on our website or you can walk in for your first time visit [1].

Source URL: [https://caps.unc.edu/caps-myths](https://caps.unc.edu/caps-myths)

Links
[1] [https://caps.unc.edu/services/initial-assessments](https://caps.unc.edu/services/initial-assessments)