UNC Chapel Hill will provide students brief teletherapy thru CAPS as well as UWill this academic year. The UWill service began at UNC Chapel Hill on Monday, October 25th and will last through the 2021-2022 academic year as a pilot project, with extension of the program possible in the future.

UWill will allow CAPS to eliminate the waitlist for brief therapy and provide timely connection with a therapist to students.

Students still initially visit CAPS in person to be evaluated for their mental health needs. At that initial visit, the CAPS provider works with the student to determine the most appropriate mental health treatment plan, which could include brief therapy. If the student’s needs are appropriate for brief therapy, that student will be connected either with a therapist at CAPS or thru UWill.

Both CAPS and UWill therapists:

- use teletherapy — that is, not in person — for brief therapy.
- can offer the student their first therapy appointment within a day.
- provide brief teletherapy at no cost to the student.

For those students working with UWill, the CAPS triage provider will offer the necessary information to create an online account. The student can then input their preferences for a therapist including clinical need, gender, ethnicity, language, and availability. UWill connects the student with a therapist who meets those desires as best as possible and is either located in North Carolina or licensed to practice in the state.

**Source URL:** https://caps.unc.edu/services/uwill

**Links**