

UC San Diego Counseling and Psychological Services (CAPS) Let's Talk and Drop-In Hours Acknowledgement

Conversations that you have during CAPS Let's Talk or Drop-In Hours, are **informational services** for students in need of personal support and/or assistance with life planning. They do not constitute professional counseling or mental health treatment. You will not receive clinical care, a psychological evaluation, a diagnosis or a treatment plan. You will not complete any mental health or medical assessment, history, or consent forms. No medical or mental health records will be retained.

Because these conversations do not constitute mental health treatment or services, the privacy of the conversations will not be protected as medical records. They will be covered by applicable sections of the standards for university students under the Family Educational Rights and Privacy Act (FERPA). Therefore, the content of the conversation(s) can be disclosed to university employees for purposes related to their job duties. In addition, information can be disclosed to others (such as family or friends) to help protect a student if there is a health or safety emergency.

The university staff that you speak with may recommend professional counseling or other mental health or medical treatment. If you decide to receive counseling or mental health treatment at CAPS, the subsequent records related to that interaction will be covered under more stringent confidentiality laws.

- **I understand that I will be provided with limited informational services.**
- **I understand that although my consultant may be a psychologist, they are not providing psychological services during Let's Talk or Drop-In Hours consultation.**
- **I understand that the record of my Let's Talk and Drop-In Hours Acknowledgement, whether provided in writing or orally, and topic discussed will be noted in Epic, as a non-clinical record, protected under FERPA.**
- **I understand that I can receive professional counseling and/or mental health treatment, by calling CAPS at (858) 534-3755 to make an appointment.**
- **I understand that if I am in an immediate crisis, I should call CAPS at the same number (858) 534-3755 during regular office hours (8:00am – 4:30p pm, Monday-Friday). For an urgent need after office hours, call the same number (858) 534-3755 and select option 2 to immediately speak with a mental health counselor. If anyone is in danger, please call 911 or go to the nearest emergency room.**

SIGNATURE _____

Date _____

PRINT NAME _____

STUDENT ID _____