

# How CAP works



## 1. Get In Touch With CAP

Feel free to call us anytime at (504) 568-8888, email us at [CAP@lsuhsc.edu](mailto:CAP@lsuhsc.edu) or come visit us at our office in the Human Development Center (2nd Floor, Suite 233) within the hours of 8:30 am and 5:00 pm.



## 2. Schedule An Appointment

During your call or visit to our office, you can schedule an appointment with one of our counselors. Feel free to bring along 1 to 2 suggested appointment times. We will do our best to work around your academic and work schedules.



## 3. Fill Out CAP Application

Before your appointment, please fill out the CAP application either at home via [lsuh.sc/capapplication](https://lsuh.sc/capapplication), or directly at our office (please arrive 15 minutes prior your appointment at our office). This helps your counselor become more familiar with you and your concerns.



## 4. Meet Your Counselor

During your appointment with the counselor, you can openly discuss your concerns as well as further steps. The counseling is completely confidential. The counseling session can be conducted either in person or as a Zoom meeting.