



THE UNIVERSITY OF ARIZONA

CAMPUS HEALTH

Counseling & Psych Services

SERVICES & RESOURCES, AS OF 3-19-2020

**CAPS MAIN LOCATION IS OPEN DURING THIS TIME FROM 8AM-5PM: 520-621-3334
ANYONE INTERESTED IN OBTAINING SUPPORT OR SERVICES IS ADVISED TO CALL.
TELEBEHAVIORAL HEALTH SERVICES ARE AVAILABLE BY SECURE ZOOM AND/OR PHONE**

After hours crisis calls may speak with a licensed counselor by pressing 1 during message.

SERVICES: health.arizona.edu/who-we-are-and-what-we-do

TRIAGE

Pre-schedule or Walk-in, Monday-Friday, 9-4p. Meet briefly with a counselor to request services below.

CARE COORDINATION

A Care Coordinator can assist with finding community resources, including referrals for counseling, psychiatry, and other services. Same-day visits in person or by phone are available.

GROUPS & WORKSHOPS health.arizona.edu/caps-groups-workshops

Visit our website to view detailed descriptions of offerings.

CAMPUS HEALTH WILDCATS ANONYMOUS wildcatsanon.arizona.edu

Meetings, programming, and peer mentoring for students who want to address their substance use.

BRIEF INDIVIDUAL COUNSELING

Goal-oriented sessions with a licensed counselor or psychologist for short term treatment are available in-person or via web-based TAO (Therapy Assistance Online) sessions for students in Arizona.

BRIEF PSYCHIATRY SERVICES

Evaluations & medication management provided by a licensed psychiatrist or nurse practitioner.

SELF HELP RESOURCES: health.arizona.edu/self-help-resources

ONLINE TOOLS MADE JUST FOR COLLEGE STUDENTS:

Tips and Tricks to Help with Your Self-Help regarding Anxiety, Depression, Eating Disorders, Alcohol Use

CAPS VIDEOS AND PRESENTATIONS: health.arizona.edu/caps-videos-and-presentations

Topics: Worrying, Balance, Confidence, Test Anxiety, Stress, Happiness & Relaxation, Alcohol Poisoning

FREE APPS:

TAO (THERAPY ASSISTANCE ONLINE): thepath.taoconnect.org. Set up an account with UA email.

Mental health screenings, treatments, tools and measures for mood, communication, substance abuse.

WELL TRACK Interactive Self-Help Therapy: arizona.welltrackapp.com. Set up an account with UA email.

Mental health assessments, mood checks, modules, and tools to combat depression and anxiety.

ONLINE READINGS: Eating Disorder Recovery, Depression, with Stress, Anxiety and Test Anxiety, Sleep, Safer Drinking, Social Anxiety, Happiness and Relaxation, Feeling Good in Grad School

SELF HELP BOOKS: health.arizona.edu/find-perfect-self-help-book



COMMUNITY RESOURCES:

Community Crisis Line (24/7)	520-622-6000	866-495-6735
Crisis Response Center (24/7)	520-301-2400	2802 E. District St, Tucson, AZ 85714
Peer Support/Warm Line	520-770-9909	(8a-midnight)
Crisis Text Line/Peer Support	Text HOME to	741741 (24 hours/7 days a week)
National Suicide Prevention	800-273-8255	www.suicidepreventionlifeline.org
Arizona Complete Care Crisis Line	866-495-6735	(24 hours/7 days a week)
AZ Information & Referral	520-881-1794	www.211arizona.org
Mayo Clinic		www.mayoclinic.com
National Institute of Mental Health		www.nimh.nih.gov
National Eating Disorders Association		www.nationaleatingdisorders.org
Sexual Assault Crisis Line	800-400-1001	520-327-7273 www.sacasa.org
National Domestic Violence Hotline	800-799-7233	www.thehotline.org

ADDITIONAL APPS FOR MOBILE DEVICES

Sanvello- on demand help for stress, anxiety, and depression.

Stressbusters Wellness-University of Arizona Edition- Audio tracks, relaxation, meditation, events.

Headspace: Meditation and Mindfulness Made Simple (Headspace Meditation Limited)

Stop, Breathe & Think: Meditate (Stop, Breathe & Think)

Calm Harm- (stem4)-Manage the urge to self-harm: distract, comfort, express, release, breathe.

Suicide Safety Plan (Mood Tools)-Customize crisis warning signs, coping strategies.

Calm-Meditate, Sleep, Relax (Calm.com)

Relax Melodies-Sleep Sounds (Ipnos Software)

Omvana-Meditation, Yoga, Sleep (Mindvalley)

In The Moment Mindful Eating (Lifestyle Matters)

Insight Timer-iOS (Insight Network Inc)-Meditation, playlists for sleep, relaxation.