



THE UNIVERSITY OF ARIZONA
**CAMPUS
HEALTH**
Counseling & Psych Services

SERVICES & RESOURCES, 2018-2019

For questions & assistance, call CAPS at 520-621-3334 (M-F, 8a-5p)

After hours crisis calls may speak with a licensed counselor

www.health.arizona.edu/counseling-and-psych-services

TRIAGE

Walk-in visits Monday-Friday, 9a-4p. Speak briefly with a counselor to request services below.

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

For Stress & Anxiety

How to Stop Worrying: 5 Simple Tips
Finding Balance (Even in School)
Boost Confidence and Beat Social Anxiety
Eat My Dust, Test Anxiety

For Happiness and Relaxation

Live a Happy Life Series: 4 Everyday Tips
Relaxation Videos
How to Thrive: Positive Psychology Practices for Happier Living

For Grad Students

6 Steps to Kissing Stress Goodbye (Even in Grad School)
Just Getting Things Done (And Getting Outta Here)
The Light At The End of the Tunnel: Defense, Graduation, and Beyond

SELF HELP ONLINE

TAO (THERAPY ASSISTANCE ONLINE) SELF-ENROLLED SELF-HELP

Evidence-based treatments and tools for anxiety, depression, substance use, interpersonal and relationship communication. Visit selfhelp.taoconnect.org to create a FREE password-protected account. Sign up with you UA email and select the Pathways of interest to you.

WellTrack Interactive Self-Help Therapy

Confidential, personal assessments and CBT materials, available in website and phone app formats. Visit arizona.welltrackapp.com - Create a FREE password-protected account by using your UA email.

CARE COORDINATION

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

GROUPS

We offer several groups. Full descriptions, including days and times, are up to date on our website: www.health.arizona.edu/caps-groups-workshops

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.

PSYCHIATRY SERVICES

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



COMMUNITY RESOURCES

Peer Support/Warm Line	520-770-9909	(8am-midnight)
Crisis Text Line/Peer Support	Text HOME to	741741 (24/7)
Crisis Response Center (24/7)	520-622-6000	2802 E. District St, Tucson, AZ 85714
National Suicide Prevention	800-273-8255	www.suicidepreventionlifeline.org
Cenpatico Integrated Care	866-495-6738	866-495-6735 (24/7 Crisis Line)
Sexual Assault Crisis Line	800-400-1001	520-327-7273 www.sacasa.org
National Domestic Violence Hotline	800-799-7233	
AZ Information & Referral	520-881-1794	www.211arizona.org
Mayo Clinic		www.mayoclinic.com
National Institute of Mental Health		www.nimh.nih.gov

APPS FOR MOBILE DEVICES

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.

SELF-HELP BOOKS

Mind Over Mood, (Second Edition) Dennis Greenberger, PhD & Christine Padesky, PhD (2015)

The Anxiety & Phobia Workbook, (Fifth Edition) Edmund Bourne (2011)

When Panic Attacks, David Burns, MD (2007)

Thriving with Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence, Hattie C. Cooper & Kyle MacDonald (2015)

Overcome Social Anxiety and Shyness: A Step-by-Step Self Help Action Plan, Matt Lewis (2017)

Depression: 9 Simple Depression Self Help Steps To Overcome Depression for Life, Otto Viteri (2015)

The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program, WJ Knaus & A Ellis (2012)