CAPS REGULAR BUSINESS HOURS ARE 8 AM TO 5:30 PM
Please see https://health.arizona.edu/caps-hours-locations or call 520-621-3334 for any changes during holidays, university breaks, and between semesters.

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.

QUICK LINKS:
Please call and check website for information: health.arizona.edu/counseling-psych-services
COVID-19 Health Updates & Travel Advisories: https://health.arizona.edu/healthalerts
CAPS Services and Resources Overview online: https://health.arizona.edu/caps-services-resources-overview

CAPS SERVICES
For more information, visit health.arizona.edu/who-we-are-and-what-we-do

TRIAGE
Meet briefly with a counselor to discuss your needs and what services best meet them. Regular triage hours are Monday-Friday, 9-3:30p (please see https://health.arizona.edu/caps-hours-locations for any changes during holidays, university breaks, and between semesters) . Schedule by phone (520-621-3334) or by Zoom. Here’s how it works: https://health.arizona.edu/getting-started-caps

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
Visit our website to view detailed descriptions of offerings: https://health.arizona.edu/caps-groups-workshops

Featured groups:
Free Biweekly Students of Color group - Tuesdays 2pm and Thursdays 11am (Tucson time)

New RIO (Recognition, Insight, Openness) and Peace in the Pandemic psychoeducational workshop sessions are also starting throughout the semester. https://health.arizona.edu/psychoeducational-workshops
Meetings, programming, and peer mentoring for students who want to address their substance use.

BRIEF INDIVIDUAL COUNSELING
health.arizona.edu/counseling-brief-therapy
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) or Zoom sessions for students in Arizona. During the COVID-19 epidemic, students in some other states may be eligible.

How to get the most out of online counseling: https://livingwild.arizona.edu/news/2020/09/how-get-most-out-counseling-or-offline

BRIEF PSYCHIATRY SERVICES
https://health.arizona.edu/psychiatric-medication
Evaluations & medication management provided by a licensed psychiatrist or nurse practitioner.

SELF-HELP RESOURCES:
health.arizona.edu/self-help-resources
View our library of online tools made just for college students. Find self-help information for anxiety, depression, eating disorders, alcohol use, and more.

CAPS VIDEOS AND PRESENTATIONS
health.arizona.edu/caps-videos-and-presentations
Topics: Worrying, Balance, Confidence, Test Anxiety, Stress, Happiness & Relaxation, Alcohol Poisoning

PATHWAYS TO WELLNESS: Design your own personal wellness plan, including tips and campus resources https://health.arizona.edu/pathwaystowellness Wellness topics include: academic, emotional, environmental, financial, interpersonal, occupational, physical, spiritual, and stage of life wellness.

STRONGER THAN Resources for Building Resilience: https://health.arizona.edu/strongerthan

FREE APPS:
View our full list of free apps here: https://health.arizona.edu/online-self-help-tools-students

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: https://arizona.welltrack.com/. Set up an account with UA email to access mental health assessments, mood checks, modules, and tools to combat depression and anxiety.
ONLINE READINGS: https://health.arizona.edu/self-help-resources 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

CRISIS LINES: https://health.arizona.edu/crisis-resources-and-hotlines
International Help Lines and Crisis Lines: https://health.arizona.edu/support-international-students
Community Response Center (24/7): 520-622-6000 or 866-495-6735
Community Crisis Line (24/7): 520-301-2400 @ 2802 E. District St, Tucson, AZ 85714
Peer Support/Warm Line (8am-midnight): 520-770-9909
Crisis Text Line/Peer Support (24/7): Text HOME to 741741
Veterans Suicide Prevention Lifeline (24/7): 1-800-273-TALK(8255)
Arizona Complete Care Crisis Line (24/7): 866-495-6735
Sexual Assault Crisis Line (24/7): 800-400-1001 520-327-7273 http://www.sacasa.org

The Trevor Lifeline: 866-4-U-TREVOR (24/7): 866-488-7386 Suicide Prevention Hotline for LGBTQ Youth
A confidential and secure resource that provides live help trained specialist
TrevorChat: Online instant messaging http://www.thetrevorproject.org
TrevorText (7 days a week, 3 pm - 10 pm Eastern Time): Text TREVOR to 1-202-304-1200

You'll receive a response from a peer advocate prompting you for your question. Go ahead and text your comment or question and we will reply.

TUCSON & OUT OF STATE BEHAVIORAL HEALTH SERVICES
Shrink Space: https://theshrinkspace.com/signup Directory of off-campus therapists & psychiatry providers

Psychology Today: http://www.PsychologyToday.com This national website with ‘Find A Therapist’ search feature

SAMHSA Treatment Referral Hotline (Substance Abuse): 1-800-662-HELP(4357)

National Eating Disorders Association: www.nationaleatingdisorders.org