

**Campus Health Service (CHS) / Counseling & Psych Services (CAPS)  
SERVICES & RESOURCES**

**CAPS REGULAR BUSINESS HOURS ARE 8 AM TO 530 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](https://health.arizona.edu/counseling-psych-services)

COVID-19 Health Updates & Travel Advisories: <https://health.arizona.edu/healthalerts>

Coping with stress related to COVID-19: <https://health.arizona.edu/coping-stress-related-covid-19>

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](https://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>

## **CAMPUS HEALTH WILDCATS ANONYMOUS** [wildcatsanon.arizona.edu](http://wildcatsanon.arizona.edu)

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

## **BRIEF INDIVIDUAL COUNSELING** [health.arizona.edu/counseling-brief-therapy](http://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](http://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](http://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](http://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](https://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 Crisis Line (24/7): 520-622-6000 or 866-495-6735

Crisis Response Center (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

National Suicide Prevention (24/7): 800-273-8255, <http://www.suicidepreventionlifeline.org>

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>

National Domestic Violence Hotline (24/7): 800-799-7233 <http://www.thehotline.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

Love Is Respect (National Dating Abuse Helpline): 1-866-331-9474 (TTY: 1-866-331-8453). Text LOVEIS to 22522

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](http://www.nationaleatingdisorders.org)