

**Campus Health Service (CHS) / Counseling & Psych Services (CAPS)
SERVICES & RESOURCES, 5/6/20**

**CAPS MAIN LOCATION IS OPEN DURING THIS TIME FROM 8AM-4:30PM: 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.

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>

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

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. Triage appointments are available Monday-Friday, 9-3:30p. 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>

Free Daily (M-F) Online Support Group - meets M-F from 1-2 pm (Tucson time)

Free Daily (M-F) Guided Meditations - meets M-F at 10:30 am (Tucson time), beginning April 6.

CAMPUS HEALTH WILDCATS ANONYMOUS

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

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.

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

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: arizona.welltrackapp.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>

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