



THE UNIVERSITY OF ARIZONA

CAMPUS HEALTH

Counseling & Psych Services

SERVICES & RESOURCES, SUMMER 2019

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

After hours crisis calls may speak with a licensed counselor

health.arizona.edu/counseling-psych-services

CAPS SERVICES

TRIAGE

Pre-schedule or Walk-in, Monday-Friday, 12-4p. Meet briefly with a counselor to request services below.

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

Topic Areas:

- Stress & Anxiety
- Happiness and Relaxation
- Grad Students

SELF HELP ONLINE

TAO (THERAPY ASSISTANCE ONLINE) Self-Enrolled Self Help (available in browser and app formats)

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

Visit selfhelp.taoconnect.org to create a FREE confidential account using UA email, then get the app.

WELL TRACK Interactive Self-Help Therapy (available in browser and app formats)

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

Visit arizona.welltrackapp.com to create a FREE confidential account using your UA email.

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 (on hold for summer, May 10-Aug 15)

The fall schedule will be updated before the semester starts in August. Visit our website to view descriptions of past/upcoming offerings: 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 for students in Arizona.

PSYCHIATRY SERVICES

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

CAMPUS HEALTH WILDCATS ANONYMOUS wildcatsanon.arizona.edu

Meetings, programming, and peer mentoring for students who identify as substance abusers.



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

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)

Cognitive Behavioral Workbook for Depression, William J Knaus & Albert Ellis (2012)