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

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Numbers</th>
<th>Addresses/Website</th>
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<tbody>
<tr>
<td>Community Crisis Line (24/7)</td>
<td>520-622-6000</td>
<td>866-495-6735</td>
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<tr>
<td>Crisis Response Center (24/7)</td>
<td>520-301-2400</td>
<td>2802 E. District St, Tucson, AZ 85714</td>
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<tr>
<td>Peer Support/Warm Line</td>
<td>520-770-9909</td>
<td>(8a-midnight)</td>
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<tr>
<td>Crisis Text Line/Peer Support</td>
<td>Text HOME to 741741 (24 hours/7 days a week)</td>
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<tr>
<td>National Suicide Prevention</td>
<td>800-273-8255</td>
<td><a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a></td>
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<tr>
<td>Arizona Complete Care Crisis Line</td>
<td>866-495-6735</td>
<td>(24 hours/7 days a week)</td>
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<tr>
<td>AZ Information &amp; Referral</td>
<td>520-881-1794</td>
<td><a href="http://www.211arizona.org">www.211arizona.org</a></td>
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<tr>
<td>Mayo Clinic</td>
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<td><a href="http://www.mayoclinic.com">www.mayoclinic.com</a></td>
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<tr>
<td>National Institute of Mental Health</td>
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<td><a href="http://www.nimh.nih.gov">www.nimh.nih.gov</a></td>
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<tr>
<td>National Eating Disorders Association</td>
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<td><a href="http://www.nationaleatingdisorders.org">www.nationaleatingdisorders.org</a></td>
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<tr>
<td>Sexual Assault Crisis Line</td>
<td>800-400-1001</td>
<td>520-327-7273  <a href="http://www.sacasa.org">www.sacasa.org</a></td>
</tr>
<tr>
<td>National Domestic Violence Hotline</td>
<td>800-799-7233</td>
<td><a href="http://www.thehotline.org">www.thehotline.org</a></td>
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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

- 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)

(5/9/19 jw)