SERVICES & RESOURCES, 2018-2019
For questions & assistance, call CAPS at 520-621-3334 (M-F, 8a-5p)
After hours crisis calls may speak with a licensed counselor
www.health.arizona.edu/counseling-and-psych-services

TRIAGE
Walk-in visits Monday-Friday, 9a-4p. Speak briefly with a counselor to request services below.

VIDEOS AND PRESENTATIONS: www.health.arizona.edu/caps-videos-and-presentations
For Stress & Anxiety
How to Stop Worrying: 5 Simple Tips
Finding Balance (Even in School)
Boost Confidence and Beat Social Anxiety
Eat My Dust, Test Anxiety

For Happiness and Relaxation
Live a Happy Life Series: 4 Everyday Tips
Relaxation Videos
How to Thrive: Positive Psychology Practices for Happier Living

For Grad Students
6 Steps to Kissing Stress Goodbye (Even in Grad School)
Just Getting Things Done (And Getting Outta Here)
The Light At The End of the Tunnel: Defense, Graduation, and Beyond

SELF HELP ONLINE
TAO (THERAPY ASSISTANCE ONLINE) SELF-ENROLLED SELF-HELP
Evidence-based treatments and tools for anxiety, depression, substance use, interpersonal and relationship communication. Visit selfhelp.taoconnect.org to create a FREE password-protected account. Sign up with you UA email and select the Pathways of interest to you.

WellTrack Interactive Self-Help Therapy
Confidential, personal assessments and CBT materials, available in website and phone app formats. Visit arizona.welltrackapp.com - Create a FREE password-protected account by using your UA email.

CARE COORDINATION
Same-day visits in person or by phone are available. A Care Coordinator can assist with finding community resources, including referrals for counseling, psychiatry, and other services.

GROUPS
We offer several groups. Full descriptions, including days and times, are up to date on our website: 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.

PSYCHIATRY SERVICES
Evaluations & medication management provided by a licensed psychiatrist or nurse practitioner.
COMMUNITY RESOURCES

Peer Support/Warm Line  520-770-9909  (8am-midnight)
Crisis Text Line/Peer Support  Text HOME to  741741 (24/7)
Crisis Response Center (24/7)  520-622-6000  2802 E. District St, Tucson, AZ 85714
National Suicide Prevention  800-273-8255  www.suicidepreventionlifeline.org

Cenpatico Integrated Care  866-495-6738  866-495-6735 (24/7 Crisis Line)
Sexual Assault Crisis Line  800-400-1001  520-327-7273  www.sacasa.org
National Domestic Violence Hotline  800-799-7233
AZ Information & Referral  520-881-1794  www.211arizona.org
Mayo Clinic  www.mayoclinic.com
National Institute of Mental Health  www.nimh.nih.gov

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)