

A message from the Director of Counseling & Psych Service (CAPS):

We are aware of the impact on many within the campus community, as a result of decisions being made in Washington, D.C., including the recent Executive Orders.

It is important to know that emotional reactions to these events, such as fear, depression, anxiety and even anger are reasonable and normal. The dynamic nature of the situation makes it hard to predict what else we may be facing.

At times like this, emotional equilibrium, sleep, concentration or focus may be disrupted. Good self-care is very important. If you find that any of this is causing significant disruption to your academic pursuits, or overall well-being, please know that the professional staff at CAPS are here to help you.

CAPS Triage walk-in hours (no appointment needed) are M-F, 9:00 a.m -4:00 p.m. The CAPS phone line (**520 621-3334**) is also answered during ALL of the hours that CAPS is closed, with licensed counselors available for immediate response.

Support one another in these difficult times and reach out for help from CAPS, if we can assist you.



THE UNIVERSITY OF ARIZONA

**CAMPUS
HEALTH**

Counseling & Psych Services