



Health & Wellness Support for Students

Health Educators | Campus Health Services - Health Promotion

Campus Health

Your Wildcat's Go-To For Health & Wellness

- Open Monday – Friday 8am-4:30pm
(Wed 9am-4:30pm)
- Self-book online or call for appointments
- Health insurance is **NOT** needed
(most major plans accepted)
- Visit fees at a student discounted rate
- Phone Numbers:
 - Campus Health: 520-621-9202
 - Nurse advice line: 520-621-6493
 - After Hours: 520-570-7898
 - CAPS 24/7: 520-621-3334



Locations



**Campus Health
6th/Highland**



CAPS at NorthREC



**Health Promotion Hideaway
at Bear Down**

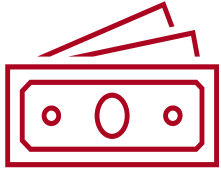
Services at Campus Health

- **Counseling & Psych Services (CAPS)**
- Health Promotion
- Immunizations
- Lab Testing
- LGBTQ+ Health
- Nutrition Services
- Physical Therapy
- **Primary Care**
- Sports Medicine
- Survivor Support
- Travel Clinic
- **Urgent Care**
- Women's Health
- X-Ray

99% of students who used any of our services would recommend us to a friend.

Accessing Services at Campus Health

Students do NOT need health insurance to use services at Campus Health.



STUDENT DISCOUNTED RATE

Fees are generally less expensive than those charged in the community. Pay as you go.



MAJOR COMMERCIAL HEALTH PLANS ACCEPTED (most)



Tax ID#: 74-2652689



STUDENT HEALTH INSURANCE PLAN

Nationwide coverage with emergency benefit worldwide.
(United Healthcare)



CAMPUS CARE

ONLY for use at Campus Health. Pay co-pays only. No additional cost for labs, x-rays, and supplies.
This is not insurance.

Counseling & Psych Services (CAPS)

Skills • Peer Connection • Individual Support

Care Pathways: Expertly curated mental health care built around common student goals and concerns.

- Anxiety
- Crisis Support
- Depression & Mood
- Graduate & Professional Students
- Relationships & You
- School & Attention
- Stress Management & Coping with Change
- Trauma
- Wellbeing
- And more





Core Services of CAPS Care Pathways

Mental Health Foundations

Skill-based, single-session workshops

Mental Health Connections

Group counseling with 4-10 peers sharing similar goals & concerns

Mental Health Counseling & Consultation

1:1 counseling and personalized recommendations for your care

Specialized Care

Wellbeing Add-Ons

The majority of CAPS services are no cost for main campus students.

**no show fees may apply*

Specialized Care

- Care Coordination
- Couples Counseling
- Specialized Assessments
 - Eating Disorders, Gender Affirmation, Substance Abuse
- Survivor Support
- ADHD Evaluation (\$)
- IOP (\$)
- Psychiatry (\$)

Some may be self-scheduled, others require a referral from a CAPS provider.



Wellbeing Add-Ons

- Programs
- Events
- Peer Counseling
- SocialRx

Can be explored on their own or added to any pathway.



Get Started at CAPS

2 Main Ways to Get Started

1. Schedule a Mental Health Counseling & Consultation through PatientLink or call 520-621-3334
2. Schedule a Mental Health Counseling & Consultation with one of our site-based counselors located in student spaces & specific academic colleges and centers

Mental Health Foundation Workshops are open to any student for self-scheduling at caps.arizona.edu/foundations

Help Connecting with Other Services

When the best plan is outside of CAPS, our expert Care Coordination Team can help students get connected.



▶▶ *Find help. Get help.* ▶▶

988

24-HR SUICIDE + CRISIS LIFELINE

Call, text, or chat with a trained crisis counselor. **Free, confidential, 24/7** care and support for those experiencing a suicidal crisis or emotional distress, and for those worried about someone else.



**CAMPUS
HEALTH**

PREVENTSUICIDE.ARIZONA.EDU



You Don't Need to Be an Expert to Help

Notice

Learn the signs that someone is struggling.

Care

Talk about mental health and wellbeing.

Help

Offer the level of help you can in your role and encourage taking a next step.

Signs that Someone's Struggling

- Difficulties, distress, and duration
 - mood
 - behavior
 - sleep and appetite
 - social engagement
 - physical discomfort or complaints
 - substance use
 - appearance or personal hygiene
 - expressions of suicidal thoughts or self-harm behaviors

Communicate with CARE

Connect and share your concern

Actively listen

Respond with compassion

End with a next step

friend2friend.arizona.edu





Wellness Outside of the Clinic

- Peer support
- Volunteer and internship opportunities
- Student groups
- Free events and workshops throughout the year
- Health Promotion Hideaway:
 - Weekly Programming
 - Games
 - Snacks
 - Arts & Crafts
 - Wellness Resources
 - Therapy Dogs & Kittens

Parent Guide

Tips, strategies, and resources to support your Wildcat whether you're near or far.



health.arizona.edu/parents



Thank You!



@UAZCampusHealth

health.arizona.edu

caps.arizona.edu

**Presentation Feedback:
Campus Health 101**



CAMPUS HEALTH