Mental Health Services

**COUNSELING & PSYCH SERVICES (CAPS)**
health.arizona.edu/caps

- **Who is eligible**
  All students who have paid the student health fee

- **How to access**
  "Walk-in" online via Zoom. Learn more at health.arizona.edu/CAPS or call 520-621-3334

**Services and costs**
CAPS develops a Custom Care Plan with students. CAPS Care Pathways Model options include:
- Self-help and Pathways to Wellness programs | no cost
- Triage appointments | $10/appointment
- Psychoeducational workshops | 3-50 minute workshops for $30
- Support groups | most at no cost
- Group counseling | $10/session
- Short-term individual counseling | Initial = $35; Ongoing = $25
- Psychiatry (medication) appointments | Initial = $150; Ongoing = $50
- Comprehensive referral support | no cost
- CAPS accepts multiple insurance plans

**CULTURAL CENTERS SUPPORT**

- **Who is eligible**
  Students who are connected with designated Cultural/Resource Centers

- **How to access**
  Connect with one of the centers on campus

**Services and costs**
CAPS offers consultations and support | no cost

**WILDCATS R.I.S.E. (RESILIENCE IN STRESSFUL EVENTS)**
wellbeing.arizona.edu/wildcats-rise

- **Who is eligible**
  All undergrad and graduate students

- **How to access**
  wellbeing.arizona.edu/wildcats-rise

**Services and costs**:
Group and individual psychological first aid for students dealing with stressful events | no cost

**LIFE MANAGEMENT COUNSELING AND CONSULTING SERVICES**
lifemanagement.arizona.edu

- **Who is eligible**
  All undergrad students in: The A Center, The College of Agriculture and Life Sciences, Eller College of Management, or the Thrive Center

- **How to access**
  Email: wellness@arizona.edu or lifemanagement.arizona.edu/people

**Services and costs**
Short-term counseling, consultation and referral | no cost
THE SALT CENTER PSYCHOLOGICAL AND WELLNESS SERVICES
salt.arizona.edu/services/psychological-services

► Who is eligible
  Students who are currently enrolled in the SALT Center

► How to access
  Ask your SALT Support Specialist, or email: debrap@arizona.edu

Services and costs
  Individual psychotherapy, psychoeducational groups, wellness consultations | no additional cost for SALT Center students

COLLEGE OF MEDICINE MENTAL HEALTH SERVICES
mentalhealthservices.medicine.arizona.edu/

► Who is eligible
  University of Arizona College of Medicine medical students, residents, and fellows (confidential services)

► How to access
  mentalhealthservices.medicine.arizona.edu

Services and costs
  Individual psychotherapy, psychiatry care, and mental health programming specific to the needs of physicians and medical trainees. Tele-Services are provided. Referrals to community may also be provided | no cost

PSYCHOLOGY DEPARTMENT BEHAVIORAL HEALTH CLINIC
psychology.arizona.edu/bhc

► Who is eligible
  Any University-affiliated students, faculty, and staff from the Tucson community

► How to access
  psychology.arizona.edu/bhc

Services and costs
  Outpatient therapy to individuals, couples, and families. All services are provided by graduate students in the Psychology Department’s PhD Program in Clinical Psychology who are closely supervised by licensed clinical psychologists with expertise in the delivery of evidence-based treatments | typically $25 per session

C.A.T.S. CLINICAL AND SPORT PSYCHOLOGY SERVICES
arizonawildcats.com/sports/2020/9/18/CATS-Clinical-and-Sport-Psychology-Services.aspx

► Who is eligible
  University of Arizona student athletes

► How to access
  arizonawildcats.com/sports/2020/9/18/CATS-Clinical-and-Sport-Psychology-Services.aspx
  or speak with other athletic support individuals to get connected

Services and costs
  Clinical and sport psychology services assist in addressing student-athletes’ mental and emotional well-being, which includes mental health and mental performance concerns. These services are intended to support student-athletes in their ability to excel athletically, academically, and in their personal lives. Clinical and sport psychology services also provide team workshops and consultations to sports programs | No cost