



THE UNIVERSITY OF ARIZONA

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 UNIVERSITY OF ARIZONA
SALT Center

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 TUCSON
Mental Health Services

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**



COLLEGE OF SCIENCE
Psychology

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**



ARIZONA
CLINICAL AND SPORT PSYCHOLOGY

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**