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

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**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

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**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

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**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