



# UTA Counseling and Psychological Services

**Ransom Hall 303**

**(817-272-3672)**

**MAC 212**

**(817-272-1888)**

# Who Are We?

UTA Counseling and Psychological Services (CAPS) provides services to assist students in making positive changes in their lives and helping them meet their full personal, academic, and career potential.

<http://www.uta.edu/caps>

# Seeking Help

What are the warning signs to look out for?

# Warning Signs

- Isolation or loneliness
- Difficult relationships with peers
- Low motivation
- Poor academic performance



# Warning Signs

- Substance use
- Poor hygiene
- Aggressive behavior
- Overwhelming family pressures
- Overwhelming financial pressures



# More Serious Signs

- Suicidal thoughts
- Depression
- Drastic changes in appearance
- Drastic changes in behavior
- Significant weight changes
- Agitation and acting out
- Psychosis



# Stress, Distress, Crisis

Stress: Life's demands that we adapt to or change (our surroundings, ourselves or both?)

Distress: Stressors are excessive & our coping mechanisms aren't adequate

Crisis: Coping mechanisms stop working

# Indicators of Depression

- Sleep disturbance
- Poor concentration
- Change in appetite
- Withdrawal
- Poor hygiene
- Loss of interest in pleasurable activities
- Feelings of hopelessness & helplessness





# Services Include:

- Individual Counseling
- Group Counseling
- Couples Counseling
- Consultations
- Referral Services
- Walk-ins/Crisis Sessions
- 24 Hour Line (MAVS Talk Crisis Line): 817-272-TALK (8255)
- Psychological Screenings and Assessments
- Psychiatric Assessment
- Medication Management

# Outreach Services:

- Educational workshops and presentations on various topics:
  - Emotional Health/Wellness
  - Stress
  - Anxiety and Academics
  - Resilience
  - Anger
  - And more...
- QPR Suicide Prevention Training
- Outreach events, emotional health screenings
- Meditation and Mindfulness Practices

## Typical Concerns

- Adjusting to college
- Stress or anxiety
- Relationships/Interpersonal concerns
- Depression and sadness
- Self-esteem
- Sexuality
- Academic pressures
- Career decisions
- Phobias
- Eating problems
- Grief
- Anger Issues
- Suicidal thoughts
- Identity



# Potential Benefits of Counseling

- Improved relationships with family and friends
- A sense of emotional well-being
- Increased productivity
- Improved academic performance
- Increased understanding of individual goals

# Fees

Currently enrolled students (minimum of 1 on campus class) are eligible for:

- 6 free sessions of individual counseling per semester
  - \$10 per session after 6
- Free/unlimited group counseling
- Free psychological screening for ADHD or LDs
- Full psychological assessments available for free
- Psychiatric assessments start at \$30, with a \$15 follow-up
- Free outreach services (workshops, meditation, wellness series and events)

# Confidentiality Policy

Counseling may involve sharing sensitive, personal, and private information. Recognizing this, applicable laws require that all interactions with CAPS, including the content of your sessions, your records, scheduling of or attendance at appointments, and progress in counseling to remain confidential except in very limited exceptions. No record of counseling is maintained by CAPS in any academic, educational or job placement file. However, applicable law may require us to release confidential information without your consent:

- When there is imminent (immediate) danger to yourself or others
- When we learn of abuse or neglect of a child, disabled adult, or elderly person
- When we are ordered to release information pursuant to a court order; and
- In some limited cases if you are a minor (under 18), your parents or legal guardian may be able to access your records.

We hope that you understand that the CAPS team is committed to providing the highest level of confidentiality possible as well as complying with its duties to comply with applicable law and professional ethics.

# Eligibility

- Services are primarily for currently enrolled UTA students
  - Clinical services only for students enrolled for at least 1 on-campus class
  - Outreach services for all students
- Some limited outreach services (consultations, QPR or Mental Health Awareness trainings, or Mindful Moments) include staff and faculty.

# Contact

UTA is a community that cares.

- **303 Ransom Hall (817-272-3671)**
- **212 Maverick Activities Center (817-272-1888)**
- **MAVS Talk 24 Hour Crisis Line (817-272-8255)**
  - **UT Arlington Police: 817-272-3003**  
**Off Campus: 911**
  - **National Suicide Prevention Life Line:**  
**(24 hour hotline) 1-800-273-8255 (TALK)**
  - **TAO – Therapy Assistance Online**
    - **Thrive App**



# Campus Resources

- Counseling and Psychological Services (CAPS)
- 303 Ransom Hall, CAPS at the MAC
- CAPS-Psychiatric Services – Health Center
  
- Office of Community Standards
- Behavioral Intervention Team
- Office of Health Promotions
- Relationship Violence and Sexual Assault Prevention program
- Center for Students in Recovery

# COMMUNITY RESOURCES

- **Tarrant County:**

MHMR ICARE Call Center: 817-335-3022 or 1-800-866-2465

John Peter Smith Hospital: 817-921-3431

Millwood Hospital: 817-261-3121

Texas Health Arlington Memorial Hospital: 817-548-6100

Mesa Springs Hospital: 817-292-4600

**Dallas County:**

Metrocare Services: 877-283-2121

Parkland Behavioral Health: 214-590-5536 (press Option 6)

# Follow our Social Media

- **Twitter:** @uta\_caps
- **Instagram:** @uta\_caps
- **Facebook:** UTA  
Counseling and  
Psychological Services

