**Mental Health and Wellness Resources**

**On UTA Campus**

**Counseling and Psychological Services (CAPS):** <https://www.uta.edu/student-affairs/caps>

* Assists students in increasing self-awareness, addressing mental health and emotional concerns, and making positive changes in their lives.
* Offers range of services <https://www.uta.edu/student-affairs/caps/services>:
  + **In-person or telehealth counseling visit of phone consultation**: Call **817-272-3671** to schedule
  + **Telehealth psychiatry visit**: Call **817-272-2771** to schedule
  + More information: <https://www.uta.edu/student-affairs/caps/services/scheduling-an-appointment>
* Access to **TAO (Therapy Assistance Online)** – includes over 150 brief, effective, educational sessions covering over 50 common topics and skills related to mental health, wellness, and substance use issues through interactive sessions, mindfulness exercises and practice tools online or through mobile app: <https://us.taoconnect.org/login>
* Access to **Timely Care** – a 24/7 virtual, on-demand, health and well-being support resource that is free to students: <https://timelycare.com/UTA/> or QR code to the right:
* Access to **Mental Health Screening** – an anonymous screening tool (provided by MindWise Innovations) that provides suggestions, recommendations, and resources based on your answers to questions about your mental health and behavior: <https://screening.mentalhealthscreening.org/uoftarlington>
* Online events and outreach: <https://www.uta.edu/student-affairs/caps/events-and-outreach>

**Mental Health Resources:** <https://www.uta.edu/student-affairs/caps/resources>

* Access to a wide variety of local resources, self-help resources, and mental health apps.

**External Resources**

* **For more resources, go to “Local Resources” on the webpage noted above** (<https://www.uta.edu/student-affairs/caps/resources>)
* **Finding Help in Texas**, provided by Texas Health and Human Services: <https://www.211texas.org/>
* **Here for Texas**, provided by the Grant Halliburton Foundation: <https://www.herefortexas.com/>
* **Mental Health America of Greater Dallas:** <https://mhadallas.org/>
* **National Alliance on Mental Illness (NAMI) Tarrant County**: <https://namitarrant.org/>
* **City of Arlington Mental Health Resources:**

<https://www.arlingtontx.gov/Business/Health-Services/Health-Services/Healthy-Connections/Wellness-Resources/College-Health-Resources>

**Crisis/Immediate Assistance**

* **LIFE-THREATENING EMERGENCIES:**
  + On campus: Call UTA Police (817) 272-3003
  + Off Campus: Call 911
* **MAVS TALK 24-hour crisis line:**
  + Speak with a crisis counselor available 24/7: **(817) 272-TALK (8255)**
* **988 NATIONAL SUICIDE PREVENTION LIFELINE (24-HOUR HOTLINE):**
  + Call or text 988 or chat 988lifeline.org
  + <https://www.samhsa.gov/mental-health/988>
* **VETERANS CRISIS LINE:**
  + Call 1-800-273-8255; Text: 838255;  [Online live Chat](https://www.my.vavet.sites.va.gov/vclchat)
* **STEVE FUND CRISIS TEXT LINE:**
  + ﻿﻿Text STEVE to 741741 to connect with a crisis counselor trained to provide services to students of color
  + ﻿﻿Website: <https://www.stevefund.org/crisistextline/>

**UTA Employee Resources**

**Employee Assistance Program (EAP)**

The Employee Assistance Program is a resource including one-on-one coaching to assist employees and their families. **The ComPsych® GuidanceResources**® benefit provides UTA employees and dependents 24/7 support, resources, and information to help with all of life's challenges. Resources include no-cost, confidential counseling and legal support, financial information and personalized work-life resources.

* [ComPsych® GuidanceResources®](https://www.guidanceresources.com/groWeb/login/login.xhtml)
* EAP services are part of employee University benefits. If additional services are necessary, EAP professionals will make every effort to help locate services that are convenient, appropriate, and affordable. They can also discuss options regarding mental health coverage and providers.
* ComPsych® Corporation will provide **eight (8)** counseling sessions per eligible participant.

A computer and a phone in a circle

Description automatically generated**To Access ComPsych® GuidanceResources®**

**A logo of a person with a headset

Description automatically generatedConfidential 24/7 Live Assistance:**  
**Call**: 833-515-0760  
**TTY**: 800-697-0353  
 **TRS**: Dial 711

**Online**: [ComPsych® GuidanceResources®](https://www.guidanceresources.com/groWeb/login/login.xhtml)  
**App**: GuidanceNow℠  
**Web ID**: UTA

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**Mobile App:**Download the ComPsych® GuidanceResources®AppScan the QR code with your device to begin. Access secure and convenient tools anytime, anywhere across any of your devices.

**AVAILABLE SERVICES**

**Confidential Emotional Support**

* Anxiety, Depression, Stress
* Grief, Loss, and Life Adjustments
* Relationship/Marital Conflicts

**Work and Lifestyle Support**

* Child, Elder and Pet Care
* Moving and Relocation
* Shelter and Government Assistance

**Legal Guidance**

* Divorce, Adoption and Family Law
* Wills, Trusts and Estate Planning
* Free Consultation/Discounted Local Representation

**Financial Resources**

* Retirement Planning, Taxes
* Relocation, Mortgages, and Insurance
* Budgeting, Debt, Bankruptcy, and more

**Digital Wellness Support**

* Connect to Counseling, Work-Life Support or other services
* Tap into an array of articles, podcasts, videos and slideshows
  + Text to Download the App - Text "BCBSTXAPP" to 33633

Other mental health resources:

* Through UTA <https://resources.uta.edu/hr/services/benefits/wellness/emotional-wellness.php>
* General wellness <https://resources.uta.edu/hr/services/benefits/wellness/index.php>
* UT system <https://www.utsystem.edu/offices/employee-benefits/living-well>