


HEALTH & WELLNESS RESOURCES

for UARK Graduate Students

A photograph of a person sitting in a hammock, silhouetted against a vibrant sunset sky with orange and yellow clouds. The hammock is strung between two trees. A small bag hangs from the side of the hammock.

Take care of your academics during grad school- but don't forget to take care of yourself, too!

This Health and Wellness Resources guide is a go-to for information on:

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Pat Walker Health Center

PRIMARY CLINIC

Primary Clinic services both acute and chronic illness/injuries, wellness physical exams, screening for infectious diseases, integrated behavioral health and dietitian counseling

GYN CLINIC

The services offered at GYN Clinic include annual GYN and reproductive exams, contraception, emergency contraception counseling and prescriptions, HPV and flu vaccinations, STI testing, sexual assault care, and more.

NUTRITION SERVICES

Nutrition services are based on the following: cholesterol, diabetes, hypertension, weight concerns, and disordered eating.

ALLERGY, IMMUNIZATION, AND TRAVEL CLINIC

Travel Clinic services include MMR vaccines, recommended vaccines, tuberculosis screening, allergy injections, etc.

Pat Walker Health Center

SUBSTANCE-RELATED RESOURCES

RAZORBACK RECOVERY

Razorback Recovery is a program within Pat Walker dedicated to providing support for students in (or seeking) recovery, lessening stigma, and assisting students with their personal, academic, and professional success. Social activities, weekly meetings, and other events are provided to facilitate peer support.

BRIEF ALCOHOL SCREENING AND INTERVENTION FOR COLLEGE STUDENTS (BASICS)

BASICS is a program that allows student to explore their alcohol and drug use by receiving objective feedback, learning about harmful consequences, and receiving non-judgmental advice about their alcohol use.

SUBSTANCE EDUCATION ASSESSMENT RESOURCES (SEAR)

The SEAR Program provides direct individual and group interventions to students with alcohol, cannabis, and other substance abuse issues.

Counseling and Psychological Services (CAPS)

The main services that CAPS offers includes short-term individual counseling, group therapy, workshops, psychological assessments, outreach and prevention, advocacy, consultations, and training programs. Services such as psychiatry may come at a cost; check the Mental Health page for continual updates on information.

LET'S TALK

Let's Talk is a free, informal, and brief consultation for those who may not really be interested in continued services but have something they want to talk to a counselor about. Let's Talk sessions are also for those who are unsure about counseling and just want to try it out.

TOGETHERALL

All University of Arkansas students have free access to TogetherAll — an anonymous social media-style mental health app that gives students a safe place to connect with others experiencing similar feelings, as well as access to useful self-help resources, peer groups, self-assessments, and more.

Counseling and Psychological Services (CAPS)

RESOURCES FOR DIVERSITY, EQUITY, AND INCLUSION

CAPS provides mental health resources which are sensitive to diversity needs including but not limited to age, race, ethnicity, physical and mental ability, religion, sexual and gender identities, socioeconomic status, nationality, body shape/size, and values.

RELAXATION ROOM

The Relaxation Room is a free, safe, and relaxing space for University of Arkansas students to quiet their mind, reduce stress, and restore themselves. The Relaxation Room is located on the second floor of the Pat Walker Health Center.

UARK Wellness

WELLNESS CENTER

The Wellness Center provides positive health and wellness programs for the campus community. The Wellness Center includes classroom and meeting space and hosts events such as public health info, blood drives, and community yoga groups.

WELLNESS COACHING

Free wellness coaching is offered by certified wellness coaches at the Wellness Center. Wellness coaching is offered through Zoom or in-person for online or in-person grad students, and can be conducted individually or as a group. Fill out a request form to get started with wellness coaching.

Inclusive Healthcare

INCLUDING LGBTQ+ FRIENDLY RESOURCES

UARK STUDENT HEALTH INSURANCE

The University of Arkansas offers health insurance plans to eligible students. Dental and vision plans are also available. Graduate Assistants on a 50% appointment or greater will also have 67% of their student health insurance paid for by the University for those students eligible for health insurance.

For health insurance questions, call (479) 575-4406.

LGBTQ+ RESOURCES

- VECTOR Health and Wellness offers primary care, reproductive care, and an emphasis on competent, sensitive, and individualized LGBTQ+ healthcare.
- NWA Equality provides a list of LGBTQ+ and transgender resources in the NWA area, along with contact information and a brief description of each resource. Resources are included for transitioning, support, and primary care.
- The Transgender Equality Network provides a list of transgender resources and rates them as trans-friendly, trans-competent, or trans-ally (the highest rating) according to their competency, experience, and dedication to trans individuals. Included are primary health resources, mental health, cosmetic, and organizational resources.

Other Mental Health Resources

DEPARTMENT OF PSYCHOLOGICAL SCIENCE CLINIC

The Psychological Science clinic offers counseling services for students and those in the NWA community at an affordable price. Internet-based services may be available upon inquiry.

ONLINE COMMUNITY COUNSELING CLINIC

The Counselor Education program is offering free virtual counseling services, provided by their counselors-in-training. This is a great option for students who cannot afford CAPS services or other forms of mental health counseling. Contact uarkcned@uark.edu for more information on the Community Counseling Clinic.

ARKANSAS CRISIS CENTER

The Arkansas Crisis Center is a helpline dedicated to helping people in Arkansas with mental health crises. Call (888) 274-7472 to get in contact with a trained specialist that offers anonymous crisis intervention, counseling, referrals to local resources, and can help prevent crises from becoming life-threatening.

Other Mental Health Resources

CRISIS TEXT LINE

Crisis Text Line provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.

Text "START" to 741-741

THE TREVOR PROJECT

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ+) young people.

(866) 488-7386

SUICIDE PREVENTION LIFELINE

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

(800) 273-TALK

Mental Health Apps

INSIGHT TIMER

Insight Timer is a guided meditation app that features daily-check ins, mobile workshops, soundtracks, and personalized meditation timers. This content is available for free, but also features a premium version.

CALM

Calm offers meditation, music, masterclasses, and virtual scenes to help you relax. A free trial is available; the annual subscription fee is \$59.99.

Find out how to receive a Calm student discount as an Amazon Prime Student.

SANVELLO

Sanvello offers self-care tools, peer support, coaching services, and therapeutic services geared towards students.

Memberships start at \$8.99/month. Sanvello also accepts health insurance.

Mental Health Apps

HEADSPACE

Headspace offers guided meditations for everything from helping you with your stress to helping you sleep. A free trial is available; monthly subscription fees range from \$7.99 – \$12.99.

BUDDHIFY

Buddhify is a guided meditation app categorized by what you are doing in the present moment. The sessions last from 4 to 30 minutes. App purchase is \$4.99; this app has a \$30 annual fee.

BALANCE

Balance is a mental health app designed to improve sleep and stress with personalized meditations. The first year of Balance is free; afterwards, fees are \$11.99/month or \$69.99 a year.

BETTER SLEEP

Along with other resources such as meditation, Better Sleep is an app that is geared towards providing a better night's rest. Find personalized soundscapes, white noise, and other tools to help with sleep. This app is free but also featured purchasable content.

UARK Offices & Contacts

1. Pat Walker Health Center

- Pat Walker provides medical, mental, and wellness services for students.
- Need to contact Pat Walker for your healthcare needs? Email the PWHC at pwhc@uark.edu or call:
 - *Primary Clinic:* (479) 575-4451
 - *GYN Clinic:* (479) 575-4478
 - *Allergy/Immunizations:* (479) 575-7723

3. Wellness Center

- The Wellness Center supports health promotion and campus wellness.
- Have questions about the Wellness Center? Email them at wellness@uark.edu. Stay up to date with the Wellness Center by following their Instagram @uarkwellness.

2. CAPS

- CAPS provides psychological services and mental health resources for students.
- Want to learn more about CAPS? Call (479) 575-5276 (available 24/7)

4. Office of Graduate Student Support

- We can support you by directing you towards resources you can utilize as a grad student
- Check out our Student Resources page for info to a variety of resources
- Want to talk with us about your specific needs? Email us at gradsupport@uark.edu or call (479) 575-7038