



Mental Health and Crisis Resources

Nursing school is exciting and challenging at the same time! This is true for students, faculty, and staff. So, to maintain energy and feel good, it is important to engage in daily self-care activities such as getting adequate rest, good nutrition, and exercise. Use affirmations daily to support a positive attitude. Below is a list of mental health resources should you or a fellow student need some additional support. ***Remember, in an emergency, call 911.**

- 1) Campus Health Counseling & Psych Services (CAPS) offers many options for one-on-one sessions, programs, and information to support mental health: <https://health.arizona.edu/caps-services-resources-overview>
- 2) CAPS - Crisis resources and hotlines, concern about crisis or suicide for self or others, and resources for support: <https://health.arizona.edu/crisis-resources-and-hotlines>
- 3) CAPS - Challenges related to the pandemic, systemic racism and oppression, political tensions, and other stressful events: <https://health.arizona.edu/tools-whats-happening-now>
- 4) Arizona / Tucson 24-hour hotlines:
 - ✓ Arizona Complete Care Crisis Line (24/7): 866-495-6735
 - ✓ Community Crisis Line (24/7): 520-622-6000 or 866-495-6735
 - ✓ Crisis Response Center (24/7): 520-301-2400 @ 2802 E. District St, Tucson, AZ 85714
 - ✓ Peer Support/Warm Line (8am-midnight): 520-770-9909
 - ✓ Crisis Text Line/Peer Support (24/7): Text HOME to 741741
- 5) UAHS Office of Equity, Diversity & Inclusion has many helpful resources and links: [the Health Sciences Office of Equity, Diversity and Inclusion's programs for student support services, mental health wellness, and employee resources.](#)

[Veterans' Suicide Prevention Lifeline](#): 1-800-273-TALK (1-800-273-8255)

[SAMHSA Treatment Referral Hotline](#) (Substance Abuse): 1-800-662-HELP (1-800-662-4357)

[National Sexual Assault Hotline](#): 1-800-656-HOPE (1-800-656-4673)

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