

## Academic Success Coach's Tip for Success

## **UAZ Student Support Services**

Crisis Support: \*If you or someone you know is an immediate suicidal crisis or emergency, call 911.

**Crisis during business hours**: Are you a student or concerned about a student? You can call CAPS at 520-621-9202 to consult with a counselor on duty or use our remote triage service.

Crisis after business hours: Call (520) 621-3334 and press 1 to speak to a licensed mental health provider.

Be sure to visit our <u>Crisis Resources and Hotlines page</u> for information on identifying a crisis, talking to someone in a crisis, and accessing crisis resources.

<u>Campus Accessibility</u>: provide resources needed to excel through consistent experience and environments that are usable, sustainable and welcoming. Link: <a href="https://www.arizona.edu/campus-accessibility">https://www.arizona.edu/campus-accessibility</a>

<u>Campus Health:</u> quality medical and mental health services no matter where you are. Link: <a href="https://health.arizona.edu/services">https://health.arizona.edu/services</a>

<u>Campus Pantry</u>: helping to alleviate hunger in the UA Wildcat community by providing food assistance to those in need. Link: https://campuspantry.arizona.edu/

<u>Career Services:</u> support services to plan internships, engage with potential employers, and apply for jobs. Link: https://career.arizona.edu/

<u>Counseling & Psych Services (CAPS)</u>: offers a variety of support and resources to connect with a provider and others addressing a variety of concerns. Link: <a href="https://health.arizona.edu/counseling-psych-services">https://health.arizona.edu/counseling-psych-services</a>

<u>Disability Resources Center (DRC):</u> when the design of academic and campus experiences present barriers, accommodations may be necessary. Link: <a href="https://drc.arizona.edu/students">https://drc.arizona.edu/students</a></u>

<u>Equity, Diversity & Inclusion (ED&I)</u>: works to increase diversity in the health sciences to promote health for all people in Arizona and beyond. Link: <a href="https://diversity.uahs.arizona.edu/">https://diversity.uahs.arizona.edu/</a>

<u>Life & Work Connections</u>: assists eligible students with childcare expenses and sick/back-up childcare. Link: https://lifework.arizona.edu/

<u>Pronouns</u>: Students may choose to identify themselves using a preferred first name and may designate pronouns they use to identify themselves. Link: <a href="https://www.registrar.arizona.edu/personal-information/students-change-contactpersonal-information">https://www.registrar.arizona.edu/personal-information/students-change-contactpersonal-information</a>

Additional Campus Resources: https://deanofstudents.arizona.edu/support/campus-resources

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