

## Mental Health Resources

- **Suicide & Crisis Lifeline**
  - This hotline is available 24/7
  - You do not have to be suicidal to call or chat with someone
  - Call or text 988
- **University of Arkansas Counseling & Psychological Services (CAPS)**
  - CAPS offers 24-hour emergency mental health services for students, faculty and staff. Call 479-575-5276
  - CAPS offers services such as: Individual Counseling & Psychotherapy, Group Therapy & Workshops, Emergency Services, Psychological Assessments/Testing, Consultation Services, Outreach & Prevention.
  - CAPS offers an outreach program called "Let's Talk!" that offers students convenient access to brief, informal consultations with a mental health clinician. Possible reasons to see a Let's Talk counselor could be academic struggles, anxiety, financial stress, relationship issues, feeling down/sad, etc.
- **The Sexual and Relationship Violence Center (SRVC)**
  - SRVC is a department within Student Life, Division of Student Affairs. Located on the U of A campus at 640 N Garland, Suite 113 (Garland Garage Retail and Office Space)
  - Confidential Reporting
  - Provides victim advocacy and education services related to sexual and relationship violence.
- **Free Mental Health Online Screening**
  - **Please note:** Online screening tools are meant to be a quick snapshot of your mental health. If your results indicate you may be experiencing symptoms of a mental illness, consider sharing your results with someone. A mental health provider (such as a doctor or a therapist) can give you a full assessment and talk to you about options for how to feel better.
- **The Trevor Project**
  - Suicide Prevention and Crisis Intervention for LGBTQ+ young people.
  - Call 1-866-488-7386 or Text "START" to 678-678
- **Other Helpful Resources**
  - U of A Cares
  - HelpGuide.org

- [Mental Health America](#)
- [CDC Mental Health](#)
- [Report Your Concerns to the U of A](#)
- [Alcoholics Anonymous](#)
- [The Joshua Center – Affordable Counseling Services](#)