
Counseling & Psychological Services

Hours:
8:00am - 5:00pm
Monday through Friday

**24-Hour Emergency
Services**
call (479) 575-5276



E-mail Policy

“Because e-mail is not a secure medium, it is our policy not to conduct any clinical services via e-mail. To communicate with one of our providers or to make an appointment, please contact the Counseling and Psychological Services directly by phone or in person.”

Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

Pat Walker Health Center University Health Services

525 N. Garland Avenue
Fayetteville, AR 72701

(479) 575-4451
TTY (479) 575-4124

Website: health.uark.edu



Accredited by
**Accreditation Association
for Ambulatory Health Care**

*A Member of
the Division of Student Affairs*



UNIVERSITY of ARKANSAS

1871



**PAT WALKER
HEALTH CENTER**
University Health Services



Counseling and Psychological Services

525 N. Garland Avenue
Fayetteville, AR 72701

(479) 575-5276
TTY (479) 575-4124

Website: health.uark.edu/CAPS

Accredited by
**International Association of
Counseling Services**



COUNSELING AND PSYCHOLOGICAL SERVICES

PAT WALKER HEALTH CENTER

The staff of Counseling and Psychological Services (CAPS) works with students, faculty, and staff of the University to help them solve problems, understand themselves, grow personally, and develop more satisfying relationships with friends and family.

Individuals come to CAPS for:

- Information regarding mental health issues
- Relationship problems
- Recommendations for self-care
- Help with a crisis
- Personality or Diagnostic Assessment
- Group Counseling
- Short-term Individual Counseling

CONSULTANT-ON-DUTY SERVICE

Walk-in times are available whereby an individual can meet with a mental health consultant. Times vary so please call the CAPS office (575-5276). The office consultation will last approximately 30 minutes.

During the visit, the consultant will ask for information about you and the nature of your concerns. The aim is to assess the nature and severity of the problem you are facing, explore what you have tried on your own to cope with the problem, and then try to identify additional resources and/or strategies which might help you to resolve the problem.

If group, couple, or individual counseling is indicated, the Consultant will discuss counseling options with you. If you choose to pursue counseling at CAPS, the secretaries will arrange an appointment time with you.

OTHER SERVICES

CAPS also provides *outreach services* to classes, living groups, and faculty and staff groups on a variety of topics. Contact the CAPS office for more details.

The professional staff is available for *consultation* to the university community if a problem or difficulty emerges. This consultation may be by telephone or in person.

Emergency services are provided on a 24-hour basis each day of the year. To contact a professional just call 575-5276 at any time.

Professional training is a component of CAPS for graduate and professional students in social work, counselor education or psychology. More information about this training can be obtained from CAPS or the academic departments.

Counseling and support groups are available to University of Arkansas students at no extra charge if the health fee has been paid. Each semester a variety of support and therapy groups are offered addressing a range of issues in college life. Our clients have found group counseling to be especially effective in dealing with interpersonal and relationship problems. Groups normally meet weekly and typically run for eight weeks to one semester. Call CAPS or talk with your therapist for more information.

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