



The Outreach Service of Counseling & Psychological Services offers a variety of programs and consultations for students, faculty, and staff of the University of Arkansas.

CAPS staff availability limits this service to a degree, so interested individuals and groups are encouraged to contact CAPS in advance.

To request a program or consultation, call CAPS at 575- 5276.



### 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](http://health.uark.edu)



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

*A Member of  
the Division of Student Affairs*



**UNIVERSITY of ARKANSAS**

1871



University Health Services

## Outreach and Consultation Services



### Counseling and Psychological Services

525 N. Garland Avenue  
Fayetteville, AR 72701

(479) 575-5276  
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Website: [health.uark.edu/CAPS](http://health.uark.edu/CAPS)  
Accredited by

**International Association of  
Counseling Services**



The staff at the Counseling and Psychological Service use their expertise in counseling, social work, and psychology to create and offer outreach activities designed to prevent distress and to educate students, faculty, and staff about psychological concerns.

Clinicians are available to consult with students, faculty, and staff who might have questions about mental health, referring someone for counseling, or CAPS services in general.

### Consultation

If your organization, department, house, or hall has questions of a psychological nature, CAPS clinicians are available upon request for group consultations. The clinicians can discuss issues with students, faculty, staff; assist with crisis situations in person or by phone, provide assessment and recommendations regarding situations or events. The staff respects your privacy and preserves confidentiality in consultations.

### Presentations & Workshops

Students, organizations, faculty, staff, committees, departments, and offices are invited to request specific presentations or workshops. Scheduling is flexible within the availability of CAPS clinicians.

Possible topics include:

- Angry Management
- Alcohol and Other Drug Abuse
- Anxiety
- Assertiveness
- Depression
- Eating Disorders
- Enhancing Self-Esteem
- Lesbian, Bisexual, Gay & Ally Issues
- Multiculturalism
- Personality Assessment
- Relationship Issues
- Relaxation Techniques
- Stress Management
- Suicide Prevention
- Transgender Issues

For more information or to schedule an outreach, please call CAPS at 575-5276.



It is unusual for CAPS to do a presentation on the weekend or any weekday after 8 pm. The Outreach coordinator is glad to work with you to find a time that is convenient.

**Please allow a minimum of two weeks notice for presentations.**

Also, CAPS requests a **minimum of 10 participants for a presentation.** If you would like someone from CAPS to speak to your group or organization but cannot guarantee 10 participants, phone the Outreach coordinator to ask about special arrangements.

