

Thank you for attending a UVA CAPS Mental Wellness Screening Day!

In this PDF care package, you will find:

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Visit the **UVA Well-being Guides** at wellbeing.virginia.edu

BROUGHT TO YOU BY:



Counseling and Psychological Services
Department of Student Health and Wellness

Virtual care from anywhere.

Get on-demand support from counselors and more, right at your fingertips.

Create your **FREE** account:

1. Visit timelycare.com/uva or download the TimelyCare app.
2. Click "Sign In."
3. Create your profile **using your school email**.
4. Follow the prompts to start your first visit.



IT'S FOR HOOS. **FOR FREE.**



Get 24/7, on-demand
mental health support.

TALKNOW



**SCHEDULED
COUNSELING**

Access licensed
counselors in
your state.



PSYCHIATRY

Get access to no-cost
psychiatry services
(with campus referral.)

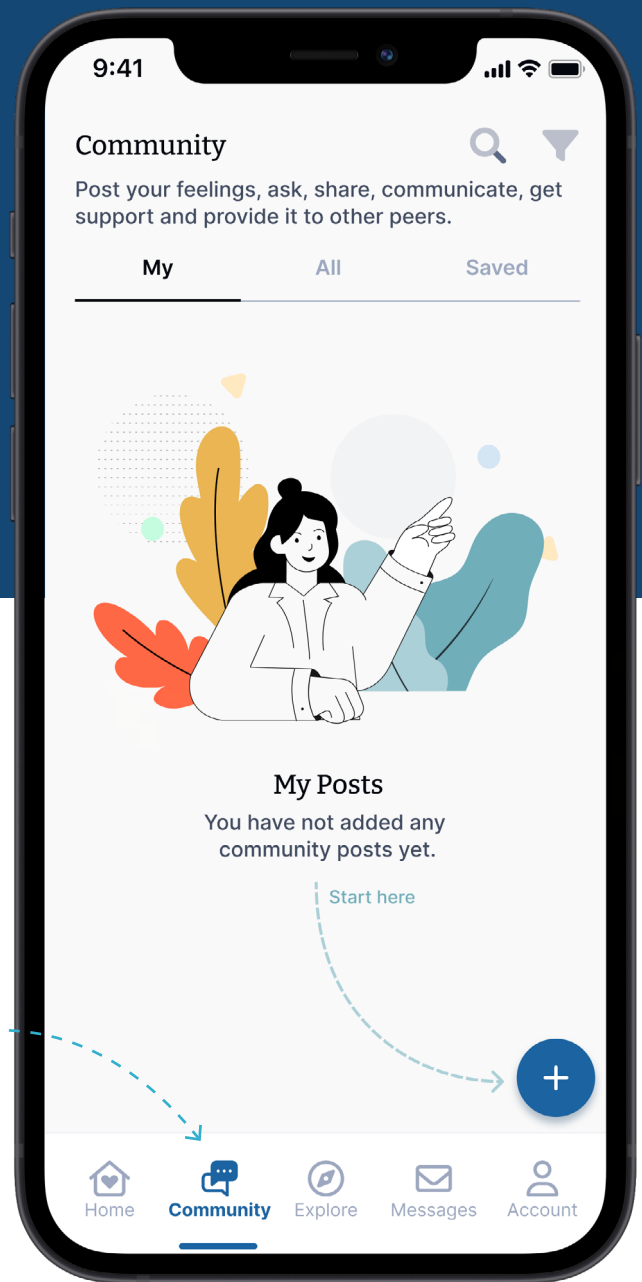


Peer-to-Peer Support with TimelyCare's Peer Community

Peer Community is a place for you to share your thoughts, feelings, and emotions as part of a nationwide community of students who face the same challenges as you.

Your posts are anonymous, even when commenting. Show support for other students.

Get started in the TimelyCare app by clicking "Community."



It's for Students.

FOR FREE.

 @timelycare

 @timelycare

 @timely_care

You're not alone on your health and well-being journey.
Download the TimelyCare app today!

2023 SHW Mental Health Services and Access

UVA Department of Student Health and Wellness

"I'd like to proactively promote my mental health and well-being and find tools to help me grow and flourish at UVA."

Online Self-Help Tools

TimelyCare's Self-Care Journeys nurture students health and well-being. From yoga sessions to audio meditations, these assets help manage everyday struggles.

TimelyCare

Peer Health Education

The Peer Health Educators (PHEs) are a diverse group of students trained to empower their peers to practice holistic health and well-being in a positive, and nonjudgmental manner.

PHE Webpage

WahooWell

WahooWell consists of a confidential well-being survey and two or more confidential, one-on-one meetings with a well-being facilitator.
Available to all students.

Schedule a Session

Well-being Guides

A joint students-and-staff effort, this digital hub includes different well-being guides with helpful info and tips, on- and off-Grounds resources, and searchable terms.

Explore Well-being

"I've identified some mental health and well-being concerns and would like to actively engage with a professional to discuss."

Counseling & Psychiatry

Counseling & Psychological Services offers individual, couples, + group therapy, embedded care services in the Schools, psychiatric care, and "Let's Talk" drop-in consults.

Learn More

Nutrition Services

Nutrition services are grounded in a weight-neutral, health-forward approach. Registered Dietitians serve students dietary needs, including those with eating disorders.

Schedule Online

Recovery Programming

Whether you've been sober for 30 minutes or 30 years, the Collegiate Recovery Program (CRP) is here for you! Join an encouraging, fun community with regular meetings and events.

CRP Website

Telehealth Care

Students have access to 24/7 "TalkNow" on-demand service for mental health concerns, 12 free telehealth sessions/year, and psychiatric care through TimelyCare.

TimelyCare

"I am in crisis and need help now."

ACCESSING CAPS EMERGENCY ASSESSMENTS AND/OR CONSULTATION.

- **If you are in immediate danger of harming yourself or others, or are having a medical emergency, **DIAL 911**.**
- **Timely Care 24/7 TalkNow** allows students to connect with a mental health professional any time of day, either by phone or video. Students can use TalkNow to discuss any concern, from conflicts with roommates to mental health crises. Staff are happy to assist 24 hours a day, 7 days a week. Download the [TimelyCare app](#) to get started.
- **CAPS On-Call:** During business hours (M-F, 8am-5pm) students in crisis can walk-in to CAPS at 550 Brandon Avenue or call 434-243-5150 to speak with an on-call counselor.
- **Concerns Regarding a Student:** If you are concerned about a student, you can call 434-243-5150 24 hours a day, 7 days a week and ask to speak with the on-call counselor. Consultation regarding concerns about students is available to UVA students, faculty, administrators, staff, parents, and other concerned community members.



FALL 2023 UVA CAPS *LET'S TALK* Drop-in Consults

WHAT IS LET'S TALK?

Let's Talk provides an opportunity for students to speak with a CAPS therapist about non-emergency concerns in a confidential space. These drop-in individual consultations are FREE and open to all UVA students. Sessions are 15 mins and occur weekly during the Fall 2023 semester and are first-come, first-serve.

TUESDAYS: 1-2:30PM (VIRTUAL) WITH NICOLO PORTO, LCSW
LEARN MORE & REGISTER: [STUDENTHEALTH.VIRGINIA.EDU/LETS-TALK](https://studenthealth.virginia.edu/lets-talk)

CARE AND SUPPORT SERVICES

MISSION

Care and Support Services provides inclusive support for all students with **unmet needs to increase students' ability to identify, reduce, and navigate barriers to their growth and well-being.** We do this by providing direct student services and programming, and by creating and expanding support infrastructures.

Direct Student Services



1:1 Student Meetings:

Appropriate Case Management

Dean on Call Program:

24/7, 365 Day Support

Consultation:

Support for Personal, Academic, and Emotional Situations

Programs & Initiatives



Community Food Pantry:

Resources for Basic Needs Acquisition

Hoo Needs Help:

Emergency Aid Funding

Administrative Processes:

Withdrawals & Returns, Study Abroad Clearances

Student Support Networks



Referrals to University and Community Partners:

Direct Hand-Off's

Self-Advocacy:

Skill-Building

University Collaboration:

Partnerships with a Variety of Offices

**CONNECT
WITH US!**



Second Floor of Peabody Hall

Phone: **(434)-924-7133**

Email: **CASS@virginia.edu**



Care & Support Services



Did you know UVA has a recovery community?



Whether you're a student in recovery, thinking about making a change with your drinking or other drug use, or interested in being a supportive ally on Grounds – **UVA'S Collegiate Recovery Program** is here for you.

“

I found a community of people on Grounds like me at the CRP and I wasn't alone during a difficult time. I found new ways of belonging and rediscovered what it meant to be a successful UVA student

- Is your substance use holding you back?
- Are you a student already in recovery?
- Curious about what the CRP can offer you?

Find us here!



crp.virginia.edu

Weekly Support Meetings | Sober Trips and Events | Hang Out
and Study Space | Recovery Coaching | Recovery Housing | Ally
Support Trainings | Guest Speakers | Intercollegiate Networking



Student Health and Wellness



Recovery Ally Training



This one-hour virtual Recovery ally training will cover a high-level overview of substance use disorders, ways to reduce stigma, recovery friendly language, and how to connect students with available resources on Grounds.

The aim of UVA's Collegiate Recovery Program is to foster an environment where students in or seeking recovery feel accepted by their professors and peers, are empowered to live genuinely, and feel comfortable asking for help. Join us and learn new ways to be an Ally at UVA!

OCT. 6

Staff / Faculty
2-3pm

OCT. 6

Students
3:30-4:30pm



Registration
required.
Scan the QR code
to register.





UVA Community Food Pantry

NEWCOMB STUDENT
ACTIVITIES CENTER 144

- All are welcome (with UVA ID to scan to enter)
- Food and hygiene products available
- Restocks every week!!!
- For more info:

@pantryatuva on Instagram
or www.pantryatuva.org



Clinical Care Managers

UVA Counseling and Psychological Services

The CAPS Clinical Care Managers serve as a bridge for students to successfully access mental health care.

What We Do

- Educate students on how to navigate insurance and the healthcare system.
- Provide supportive connections to area therapists and psychiatrists.
- Address barriers to seeking treatment (e.g. finances, time, stigma, transportation, and motivation).
- Identify resources, both on and off Grounds, for a variety of needs (e.g. housing, food, social connection, academic support).
- Help students identify and maintain a network of support.
- Ease students' transition to or from a higher level of care and collaboratively create a plan to move forward.
- Aid students with the process for medical withdrawal and reenrollment for psychological reasons.
- Coach students on being their own best self-advocate.

Navigating Insurance Coverage for Mental Health

Carry a copy (or picture of the front and back) of your insurance card, and call the number on the back of your card (Member Services or Behavioral Health) or look up your benefits on the company's website.

Ask the following:

- ⇒ What are my benefits for outpatient psychotherapy?
- ⇒ What is my deductible? *This is the amount you must pay before your benefits start.*
- ⇒ How much has been applied to my deductible so far this year?
- ⇒ What is my copay? *This is a flat fee you pay for each session often after your deductible is met.*
- ⇒ Do I have co-insurance? *This is a percentage of the amount charged for which you are responsible.*
- ⇒ Ask for a list of in-network providers in your area that can save you money.
- ⇒ Ask about telehealth options or free EAP visits.

Telemental Health Care

Remote delivery of clinical services, including psychotherapy and psychiatry, can be as effective as traditional treatment and can increase access and convenience for individuals seeking care.

- Ask your insurance company about coverage for telehealth care and whether there are any restrictions.
- Confirm that potential providers are licensed in the proper jurisdictions, and ask what additional steps they take to preserve your confidentiality.
- Ensure you have access to reliable technology as well as a quiet, private space for appointments.

CAPS Referral Database: <https://www.studenthealth.virginia.edu/community-referrals>

- View student-friendly therapists' or doctors' profiles.
- Filter providers by their availability, whether they accept your insurance, and other preferences.
- Choose 3-4 providers to initially contact.

Clinical Care Managers

UVA Counseling and Psychological Services

Choosing a Mental Health Care Provider

Give yourself a few sessions to get comfortable with your new therapist before deciding whether it is a good fit.

- Questions to ask a potential therapist:
 - ⇒ Are you accepting new clients?
 - ⇒ Are you in-network with my insurance?
 - ⇒ What is your treatment approach?
 - ⇒ How soon/how often can you see me?
- What to expect at your first appointment:
 - ⇒ Filling out paperwork and going over policies.
 - ⇒ Answering questions and explaining what you hope to get out of therapy.

Contact Clinical Care Managers at CAPS

For general questions about Care Management Services, please email capscaremanagers@virginia.edu or call **434-243-5150**. Care Management appointments are usually scheduled after you complete a brief screening phone call. Care Management appointments are free, but bring your insurance card for help learning more about your particular plan.

FIND US ON THE WEB:

<https://www.studenthealth.virginia.edu/caps-care-management>



Did you know?

You are not alone

Most people feel anxiety from time to time. According to the National Alliance on Mental Illness, about 18% of adults and 8% of adolescents in the U.S. have an anxiety disorder. It's likely you've felt worried or fearful about things like performing well in a soccer game, getting a new job, public speaking, or taking an exam. But when worries become overwhelming and interfere with activities, it may be time to seek support.

Anxiety doesn't discriminate

Anyone – regardless of their race, gender, or socioeconomic status – can experience an anxiety disorder. However, anxiety is very treatable, and with professional support, you can experience positive changes. Practicing and changing behaviors, thoughts, and reactions can help you feel more comfortable in stressful situations.

Things that can help:



Exercise



Social Supports



Nutrition



Stress Reduction



Sleep

Treatment works!

Seeking professional help when struggling with anxiety is always a good idea. Visit the [Anxiety and Depression Association of America's Help Finder](#) today. Social support is also key to maintaining emotional health and well-being.

You don't have to be suicidal to use a crisis line – speak to someone about how you're feeling or if you're worried about a loved one by calling or texting a crisis line.

Contact the **Crisis Text Line** by texting 'TALK' to 741741

Call the **Suicide Prevention Lifeline** at 1-800-237-8255

MindWise.org



MindWise
INNOVATIONS



Did you know?

You are not alone

An estimated 16 million U.S. adults – almost 7% of the population – had at least one major depressive episode in the past year, according to the National Alliance on Mental Illness.

If you have felt down or uninterested in things that once brought you joy or had trouble falling/staying asleep or concentrating, then you might be experiencing symptoms of depression. Irritability or having a short fuse can also be symptoms of depression.

Depression doesn't discriminate

People of any age, race, orientation, or ethnic background can experience depression. You can be financially well-off or struggling and still feel depressed. However, depression does affect some groups more than others. Women, for example, are 70% more likely than men to experience depression.

Other factors can make people more vulnerable to developing depression – such as experiencing medical conditions including cancer, Parkinson's disease, HIV, eating disorders, substance use, diabetes, or a stroke.

Things that can help:



Exercise



Social Supports



Nutrition



Stress Reduction



Sleep

Treatment works!

Seeking professional help when struggling with depression is always a good idea. Social support is key to maintaining emotional health and well-being.

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MindWise.org



MindWise
INNOVATIONS



Did you know?

You are not alone

In the U.S., around 20 million women and 10 million men will struggle with an eating disorder (anorexia, bulimia, and binge eating disorder) at some point in their lifetime. People who suffer from eating disorders can be preoccupied with appearance. The median age of onset is 18-20. Those who have an eating disorder often have another mental health concern such as anxiety, substance use disorder, or mood disorders.

Eating disorders don't discriminate

A person can be underweight, normal weight, or overweight and have an eating disorder. Eating disorders are 2-3 times more common in females than males. While the causes of disordered eating are complicated, a person's perception of their body image and distorted thoughts and emotions related to how they look can lead to changes in a person's eating and exercise habits.

Things that can help:



Exercise



Social Supports



Nutrition



Stress Reduction



Sleep

Treatment works!

To find out more information on eating disorders, where to find treatment, and support for those struggling with eating disorders – as well as support groups for friends and family – visit the [National Association of Anorexia Nervosa and Associated Disorders](#).

You can also check out the [National Eating Disorders Association](#) for information about treatment options, recovery stories, and other resources for caregivers and school professionals.

You don't have to be suicidal to use a crisis line – speak to someone about how you're feeling or if you're worried about a loved one by calling or texting a crisis line.

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Call the **Suicide Prevention Lifeline** at 1-800-237-8255

MindWise.org



MindWise
INNOVATIONS

MiResource

MiResource makes finding
mental health care easy.

Visit uva.miresource.com to search from
your phone for local mental health care.

Answer a few questions, and choose from
a list of providers that have availability and
are the **right match for you.**



Scan to learn more!



LET'S TALK ABOUT MENTAL HEALTH



Counseling and Psychological Services
Department of Student Health and Wellness



TAKING CARE OF YOUR MENTAL HEALTH:

Tips for taking care of yourself and managing stress

Seek Social Connection

Social connection reduces loneliness and promotes emotional wellbeing. If you are anxious about social connections since experiencing the COVID-19 pandemic, you are not alone. Many of your peers could be experiencing similar feelings.

It is important to mindfully notice and acknowledge your feelings. Reach out and check in on your friends. Let them know how you are doing. People will appreciate your efforts to connect.

Actionable Step: Join a CAPS Support Group. Visit [Studenthealth.virginia.edu/Caps-groups](https://studenthealth.virginia.edu/Caps-groups) for more info

Practice Self-Care

During high-stress times, we can forget to take care of our self-care needs but self-care is more than just face masks and bubble baths. Getting regular sleep, eating well, scheduling study breaks and staying hydrated help us to manage difficult emotions and give us energy to adapt.

Actionable Step: Try Timely Care's Self-Care Journeys: On-demand tools and resources designed to guide students on the journey to health and well-being. From yoga sessions to quick-and simple recipes and audio meditations, these easy-to-use assets have been designed to help manage everyday struggles and stress. Visit timelycare.com/uva and sign it using your UVA email.

Exercise

Moving is good for your body and mind! You don't need to run for miles or hit the weight room to boost your mood and manage stress. You can take a quick walk around the Lawn, join an IM-REC class, or have a dance party in your dorm room with friends.

Actionable Step: Take a fun new exercise class at the fitness centers across grounds. Visit recsports.virginia.edu/fitness

Engage in Meaningful Activities:

Find what's meaningful to you and try to spend some time on your values. Learning a new skill, giving back to your community, exploring your spiritual practices, or getting involved in a cause you care about are important ways to stay engaged.

Actionable step: If you haven't already, join a club or organization on Grounds



Ready to make your mental health a priority?

THE NEXT STEPS FUND

is here to help



CAPS and UVA Student Council recognize the importance of finding an affordable therapist and being able to have ongoing access to treatment.

In paying for your first six sessions with a community therapist, The Next Steps Fund is intended to help reduce your initial financial burden. After the six initial visits, the student will pay for ongoing sessions independently or through their health insurance plan.