

# PAT WALKER HEALTH CENTER





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Who Are We?

## Your On-campus Partner for Health & Wellness

Medical Services

Counseling & Psychological Services

Wellness & Health Promotion

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## General Information

- All services available M-F, 8 AM to 5 PM (9 AM on Fridays); Evening & Saturday Hours available for Primary Care Clinic during Fall/Spring semesters.
- Telehealth services are available for all medical clinics, mental health services and Wellness Coaching.
- Health Insurance — PWHC can file with your medical insurance provider. Always bring proof of insurance to each visit.
  - Know what your plan will cover. Check with your insurance provider to see if PWHC is in-network. A University-sponsored student health insurance is also available through Academic Health Plans.
- Medical charges not covered by insurance (or paid at time of service) are billed to student account. Self-Pay discount offered (sliding scale). CAPS also offers reduced charges for mental health visits.
- Emergency mental health care is provided FREE-OF-CHARGE, and without an appointment.

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## Medical Services



- Clinics: Primary Care; Women's Health; Allergy, Immunizations & Travel; Lab Testing, Nutrition, Orthopedic & X-Ray services available.
- Services — care for injury, illness, physical exams, STD testing, travel immunization, flu vaccines, allergy shots, TB testing, nutrition counseling, pap smears, and birth control.
- Appointments — by phone, walk-in, or online at [myhealth.uark.edu](https://myhealth.uark.edu).
- Medical services performed by board-certified & licensed providers.
- Charges billed to insurance or student account.
- Evening & Saturday Hours available for Primary Care Clinic.
- Not sure if you need to be seen? Speak to a nurse via phone or send a message through the patient portal.

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## Patient Web Portal

- Designed to help you interact more conveniently and efficiently with our medical clinics.
- Schedule appointments online!
- Receive lab results and message securely with staff.
- Check health center financial account summary.
- Request prescription refills.
- Log in with UARK account and password.





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## Counseling & Psychological Services

- Commonly referred to as CAPS; services are provided by licensed clinicians and designed to help students navigate the pressures of college-life and beyond.
- Services include: Initial Assessments & Consultations; Short-term Counseling & Psychotherapy; Group Therapy; Psychiatric Services; Emergency Services; Community Referrals; Outreach & Prevention
- Individual services require an appointment; however emergency mental health services do not. Appointments can be scheduled by calling CAPS at 479-575-5276.
- Most services are free-of-charge; however there is a minimal charge for on-going individual counseling & psychiatric services.
- 24-hour mental health emergency phoneline: 479-575-5276.



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## Counseling & Psychological Services

- Students are eligible for one FREE clinical consultation with a mental health clinician per semester, where they will receive information, resources and follow-up care recommendations.
- Emergency mental health care is provided to all students, free-of-charge.
- CAPS also hosts various outreach and education events throughout the academic year.
- For more mental health programs and resources: [health.uark.edu/mental-health](http://health.uark.edu/mental-health).





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## Lane Marrs Relaxation Room



- Provides a safe and relaxing space for students to quiet their mind, reduce stress and restore themselves.
  - Students do not have to be a current client of CAPS to access and enjoy the room.
  - Located in on the second floor of the health center in CAPS and is available all hours CAPS is open.
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- Offers several features and tools to help calm the mind, body and spirit.
  - Comfortable seating, massage chairs, soft lighting, relaxing music, yoga mats, meditation cushions, audio guided relaxation and iPad meditation activities.



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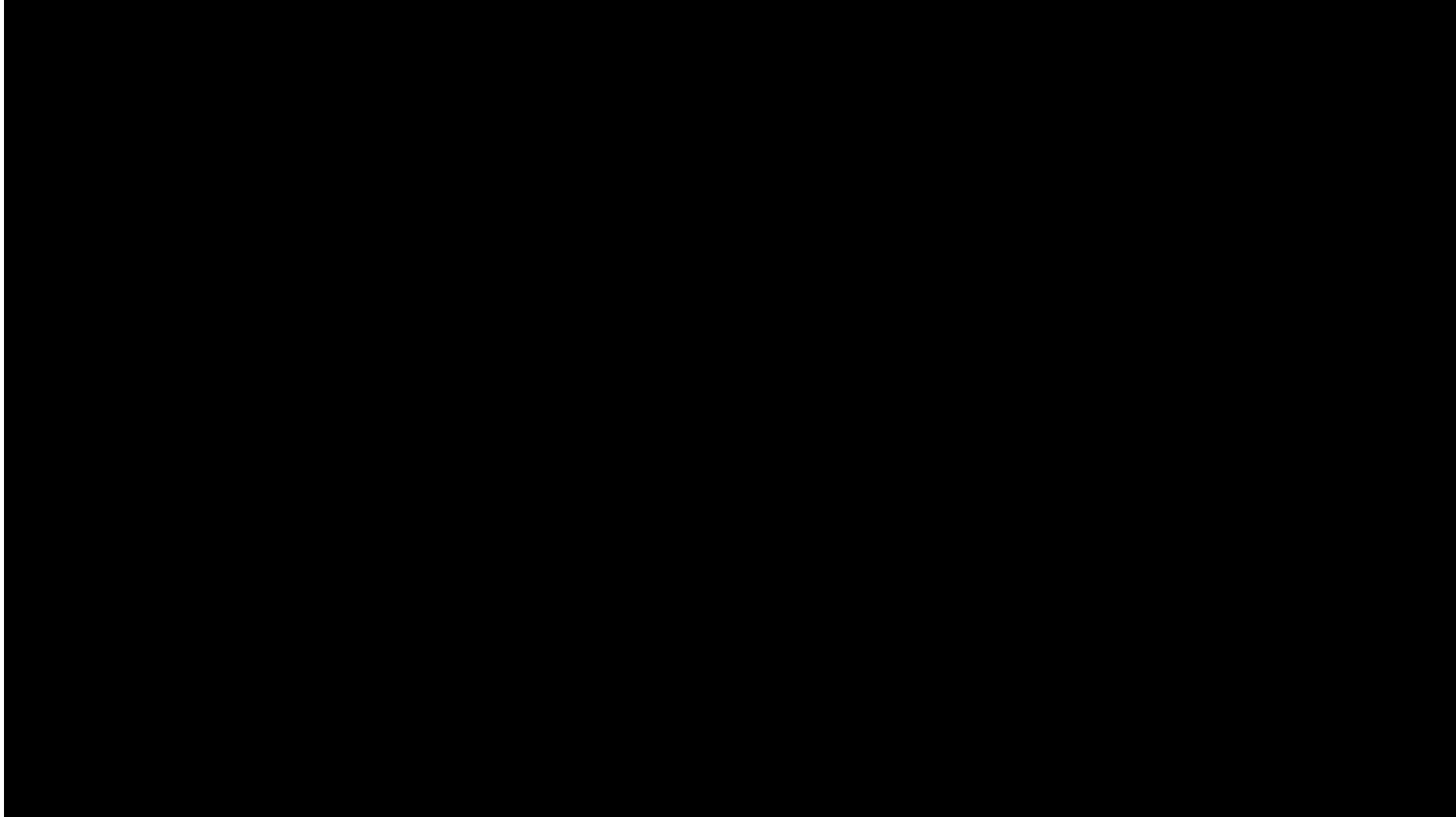
## Wellness & Health Promotion



- Helping students develop strengths, and achieve a happier, healthier & more successful life.
- Wellness, resilience, and assertiveness skill-building programs.
- FREE Wellness Coaching with a certified wellness coach. Now available online.
- Various credit and non-credit courses: Yoga; Tai Chi; Mindfulness; Self-Defense and more!
- Substance Abuse Education, Awareness & Resources; as well as a Razorback Recovery Community.
- Sexual Violence Resources, Advocacy & Awareness

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Sexual & Relationship Violence Center





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## UARK Wellness

- Your wellness plays a huge part in your success throughout your college experience and beyond.
- Adopting a wellness philosophy helps you be more aware of how the choices you make can impact your feelings, behaviors, relationships, physical health and so much more.
- UARK Wellness Initiative is a campus collaboration that promotes wellness activities.
- UARK Wellness embraces eight dimensions of Wellness, also known as the Wellness Wheel.
- Learn more at [wellness.uark.edu](https://wellness.uark.edu).



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## Contact Information

**525 North Garland Avenue**

*Corner of Maple & Garland*

**URL:** [health.uark.edu](http://health.uark.edu)

**PHONE:** 479-575-4451

**EMAIL:** [pwhc@uark.edu](mailto:pwhc@uark.edu)

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