

# PAT WALKER HEALTH CENTER





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Who Are We?

## Your On-Campus Partner for Health & Wellness

Medical Services

Counseling & Psychological Services

Substance Education, Assessment & Recovery Services

# PAT WALKER HEALTH CENTER

## General Information

- All services are available M-F, 8 AM to 5 PM (9 AM on Fridays); Extended-service hours available for Primary Care Clinic during Fall/Spring semesters.
- Telehealth services are available for all medical, mental health, and substance use & support services (*patients/clients must be in AR at the time of their appointment*).
- 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 our providers are in- network. A student health insurance is also available for purchase 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 for those who choose not to file with insurance.
- Emergency mental health care is provided FREE-OF-CHARGE and without an appointment.

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## Medical Services



- ▶ Clinics: Primary Care; GYN (Women's) Clinic; Allergy, Immunization & Travel (AT) Clinic; Lab Testing; Nutrition; Orthopedic & X-Ray services available.
- ▶ Services — allergy shots, diverse health programs, general/chronic medical care, gynecological health, illness/injury treatment, immunizations, international travel consultations, laboratory & diagnostic services, non-invasive procedures, nutrition consultations, orthopedic services, TB screenings, x-rays
- ▶ Appointments — by phone or online at [myhealth.uark.edu](https://myhealth.uark.edu). Limited same-day walk-ins available for acute & urgent care.
- ▶ Medical services performed by board-certified & licensed providers.
- ▶ Charges billed to insurance or student account.
- ▶ 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 24/7
- ▶ Receive test results/medical records and message securely with staff.
- ▶ Check health center financial account summary and pay balances due (*student patient balances are transferred to the Treasurer's office and can be paid via UAConnect*).
- ▶ Request prescription refills.
- ▶ Complete required paperwork prior to your appointment.
- ▶ 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; Mental Health 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 covered by the student health and wellness fee; however there are charges for psychiatric services (*can bill with insurance or self-pay is also an option*).
- ▶ 24-hour mental health emergency phoneline: 479-575-5276.



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## Counseling & Psychological Services

- ▶ The first appointment with a CAPS Clinician is called an initial consultation. Students 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 on the second floor of the health center inside of 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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## Substance Education, Assessment & Recovery



- ▶ Making substance abuse prevention, treatment and recovery accessible for students at the University of Arkansas!
- ▶ Alcohol/drug assessments performed by an Arkansas licensed professional mental health practitioner.
- ▶ Substance education and prevention
- ▶ Confidential brief individual and group interventions
- ▶ Access to the Razorback Recovery Community and weekly recovery meetings
- ▶ Scholarship opportunities for those in recovery
- ▶ Sober events

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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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