## PAT WALKER HEALTH CENTER



### PAT WALKER HEALTH CENTER 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); <u>Extended-service hours</u> 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.

### PAT WALKER HEALTH CENTER Medical Services



- Clinics: Primary Care; GYN (Women's) Clinic; Allergy, Immunization & Travel (AIT)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. 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.

## PAT WALKER HEALTH CENTER 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.



## PAT WALKER HEALTH CENTER

#### **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.



CAPS (Counseling and Psychological Services)

Pat Walker Health Center

Offering a wide range of services to help

- V Personal crisis
- ✓ Self understanding
- Personal growth
- ✓ Developing healthier relationships
- ✓ Individual counseling
- ✓ Group counseling
- ¥ 24-hour emergency services
- ✓ Outreach education service

health.uark.edu

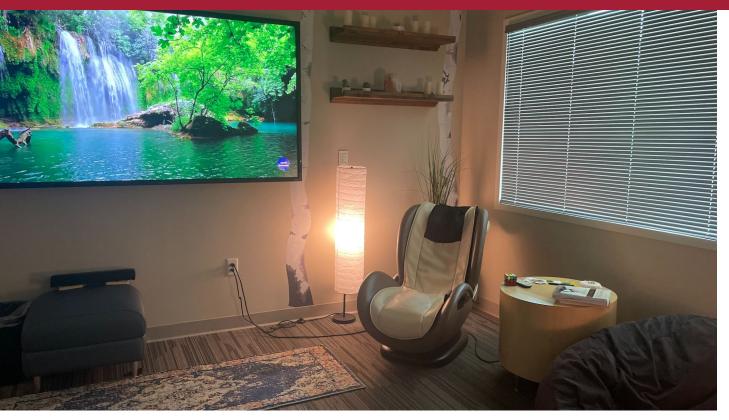
### PAT WALKER HEALTH CENTER Counseling & Psychological Services

- 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.



# PAT WALKER HEALTH CENTER

#### 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.

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.

#### PAT WALKER HEALTH CENTER Substance Education, Assessment & Recovery



- Making substance abuse prevention, treatment and recovery accessible for all members of the university community!
- 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

### PAT WALKER HEALTH CENTER Contact Information

## **525 North Garland Avenue**

Corner of Maple & Garland

URL: health.uark.edu PHONE: 479-575-4451

EMAIL: pwhc@uark.edu



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