

Health and Wellness Resources

[Campus Health](#) is a comprehensive health care provider that can attend to most of your non-emergency health care needs.

- A variety of [Services](#) are offered, including general medicine, sports medicine, and women's health.
- An on-site [Pharmacy](#) with over 600 prescription and 250 over-the-counter items available.
- [Health Promotion and Preventive Services](#) provide access to [nutritionists](#), information about [sexual health](#), and much more.
- The [Oasis Program](#) against sexual assault and relationship violence offers [Services for Survivors](#) as well as [Violence Prevention Services](#). A full listing of resources related to sexual assault or violence can be found here: <http://sexualassault.arizona.edu/>
- Some [insurance plans](#) are accepted and out-of-pocket expenses can be added to your Bursar's account.

[Counseling and Psych Services](#) (CAPS) provides counseling and psychiatric services to students.

- CAPS works with students on a [variety of counseling and psych needs](#), including ADHD, eating disorders, relationship counseling, and substance abuse.
- Students can participate in a number of [Support Groups and Workshops](#).
- All services provided are [confidential](#), and no records of student visits are made in academic records.
- [Online resources](#) allow you to participate in a variety of mental health screenings.
- Any fees associated with CAPS visits can be added to your Bursar's account and are discreetly billed as Campus Health.

Nutrition and access to food:

- Students who are experiencing difficulty securing adequate food can check out [Campus Pantry](#), a non-profit organization started here at UA to provide access to food.
- Students can work directly with staff in the Dean of Students Office if they need assistance.
- [Borderlands Food Bank](#) provides access to fresh produce – for only \$10 students can get up to 60 pounds of produce!

[Campus Recreation](#) offers students many ways to stay active. In addition to access to the fitness center that is included in student fees, students can:

- Get involved in [Aquatics](#).
- Rent gear for a backpacking trip or sign up for one of many experiences through [Outdoor Adventures](#).
- Be one of the thousands of students who participate in [Intramural Sports](#).
- Join a [Fitness Class](#) and connect with other students also pursuing their healthy goals.

[ASUA](#) – Your Student Government – also has some health and wellness programs for you!

- [Safe Ride](#) provides secure rides late at night for UA students by UA students. Studying late at the library and need a ride? Call Safe Ride!
- The [Student Health Advocacy Committee](#) works to provide health and wellness programs and information to students.