

# Student Health and Wellbeing Resources

A GUIDE FOR UTA FACULTY AND STAFF

***“You don’t have to be the expert to be the difference.”***



# Maverick Pantry (Basic Needs)

Provides perishable and non-perishable food, toiletries, school supplies, and other essential items to students to help alleviate food and financial insecurity.

## Important resources available through the Maverick Pantry

- Free shopping appointments at the Maverick Pantry
- Immediate access to food and hygiene products via several Pocket Pantry locations on campus
- Free graduation regalia rentals
- Students can apply for one-time emergency funding assistance of up to \$500.
- Students can schedule appointments to discuss support or assistance with housing, food, and basic needs.

## What underutilized resource do you wish faculty/staff knew about?

The Maverick Pantry has diapers, wipes, formula, baby foods, and other miscellaneous baby/toddler items available for student parents.

## If students need help with basic needs, what can faculty/staff do to assist?

- Encourage students to make a food pantry appointment
- Direct them to Pocket Pantry locations on campus
- Reach out via [eaf@uta.edu](mailto:eaf@uta.edu) for specific situations

### Physical Locations:

Maverick Pantry: 520 South Center Street

### Pocket Pantries:

- Leadership Center in the University Center, Suite 180
- Student Money Management Center, University Administration Building , 130A
- Heights on Pecan, 1225 South Pecan Street
- CONHI, Pickard Hall 220
- Division of Student Success, Ransom Hall First Floor

### Emergency Bags:

- VPSA Office, University Center Suite 180H
- Dean of Students Office, University Center Suite
- CAPS, Ransom Hall Suite 303
- Health Promotion, Ransom Hall Suite 301
- Emerging Mavericks, University Center, Office B

# Counseling and Psychological Services (CAPS)

Assists students in increasing self-awareness, addressing mental health and emotional concerns, and making positive changes in their lives.

## Important resources available through CAPS

- In-person visits and telehealth appointments with CAPS counselors are available Monday-Friday 8am – 5pm.
- Same day walk-in appointments are available for students with urgent issues at Ransom Hall Suite 303 from 11am – 5pm and at the MAC Suite 212 from 1pm – 5pm.
- Free, 24/7 access to virtual care services with TimelyCare – a virtual health and wellbeing platform designed for college students. TimelyCare can be accessed 365 days a year from anywhere in the US including after-hours/weekends/holidays
- MAVS Talk 24-hour Crisis Line: 817-272 TALK (8255) is available for urgent mental and emotional health needs.

## What underutilized resource do you wish faculty/staff knew about?

CAPS provides training on topics such as suicide awareness/prevention, mental wellness, and responding to students in distress. Training/presentations can be requested via the [CAPS website](#).

## If students need mental health support, what can faculty/staff do to assist?

- Encourage students to call 817-272-3671 to schedule an appointment or stop by the Ransom Hall or MAC locations.
- Let students know same day walk-in appointments are available for urgent issues.
- Encourage students to download the [TimelyCare](#) app. They will use their UTA email address to create an account and access services.
- For psychiatry appointments, encourage them to call 817-272-2771 for scheduling.

### Physical Locations:

Ransom Hall Suite 303, Maverick Activities Center Suite 212, Arlington Hall, Kalpana Chawla (KC) Hall, Vandergriff Hall and (soon) West Hall and Maverick Hall.  
Phone: 817-272-3671

# CARE Team

The Community Assessment, Response, and Engagement Team (CARE) is a network of professional staff that work with students who experience events that may impact their academic success and/or overall wellbeing.

The CARE Team case manager meets with students to connect them to resources and/or communicate with faculty based on the difficulty the student is experiencing.

## Important resources with the CARE Team

- Triaging on-campus resources to make student referrals which support mental well-being and academics
- Connecting students to off-campus resources to help eliminate barriers to success

## If students need CARE Team support, what can faculty/staff do to assist?

- The CARE Team is also a resource for faculty and staff. The CARE Team partners with faculty/staff to help students succeed academically, socially, and personally while at UTA.
- The [CARE Team Online Referral Form](#) is available to all students, faculty, and UTA community members for referrals.

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Physical Location:

E. H. Hereford University Center-Lower Level, Suite B150

Phone number: (817) 272-7862

Email at: [care@uta.edu](mailto:care@uta.edu)



# **Health Services**

Supports students' academic success by providing excellent health care and promoting wellness.

## **Important resources available through Health Services**

- Health Services is a full-service medical clinic providing primary care, gynecology, and psychiatry along with on-site lab testing, x-rays, immunizations, and pharmacy services.
- The Office of Health Promotion provides health education and resources to empower students to make healthy and responsible choices concerning their overall wellbeing and use of alcohol, tobacco, and other drugs.
- Online-only students can access the same services as in-person students by paying the medical service fee for the semester.

## **What underutilized resource do you wish faculty/staff knew about?**

- Visits with primary care and gynecology providers are free. Primary care appointments are often same day or next day.
- Other medical services are provided at a much lower cost compared to community health centers, including free flu and COVID testing and free flu vaccines.
- The Office of Health Promotion offers wellness workshops on a variety of health and wellness topics and can customize a presentation to meet your specific needs.

## **If students need medical care or wellness guidance, what can faculty/staff do to assist?**

Direct the student to the Health Services phone number to schedule an appointment. (The phone number can also be found on the back of their MavID.)

### **Physical Locations:**

**Health Services**  
**605 S. West St.**  
*(Between Brazos Park and the College of Business)*  
**Phone Number: 817-272-2771**  
**Email at: [healthservices@uta.edu](mailto:healthservices@uta.edu)**

**Office of Health Promotion**  
**Ransom Hall, Suite 301**  
**Phone Number: 817-272-2771**  
**Email at: [health.promotion@uta.edu](mailto:health.promotion@uta.edu)**

# Relationship Violence & Sexual Assault Prevention (RVSP) Program

Fosters a safe campus environment free of sexual and relationship violence. Empowers individual students who have experienced trauma and promotes a culture of safety and respect through educational programming.

## Important resources available through RVSP

- Workshops & Trainings - Classroom and group discussions on topics such as consent, bystander intervention, and trauma-informed practices. Custom presentations are available.
- Support for Survivors - The program connects students to on-campus and community resources, including counseling, advocacy, and assistance with reporting and accommodations.
- Consultation Services - Learn how to respond effectively and compassionately when a student discloses experiences of sexual or relationship violence, including strategies for maintaining privacy and making appropriate referrals.

## What underutilized resource do you wish faculty/staff knew about?

Use of the [RVSP Online Referral Form](#), available to all faculty, staff, community members, and students allows you to privately refer individuals who may need support, or resources related to sexual or relationship violence. It does not replace any mandated reporting responsibilities.

## If students need support, what can faculty/staff do to assist?

If a student shares that they are a victim of sexualized violence, complete RVSP's Online Referral Form or walk the student over to our office

Physical Location:

Ransom Hall, Suite 301

Phone Number: 817-272-3947

[Click Here for Reporting Options](#)

# Student Access and Resource Center (SAR)

Provides accommodation support for students with disabilities and serves as a resource and consultant for instructors.

## Important resources available through the SAR Center

- SAR offers 1:1 meetings to support faculty in making informed decisions regarding a student's accommodation needs.
- SAR regularly provides departmental training.
- Faculty Resource page on SAR's website includes training videos and guidance.
- The Instructor Portal in AIM supports instructor management of a student's accommodation/testing needs.

## What underutilized resource do you wish faculty/staff knew about?

Use of the Instructor Portal.

## If students need accommodations, what can faculty/staff do to assist?

Please refer students any time there is a concern by emailing, calling or walking a student over to the SAR Center. SAR has designated staff available for walk-in consultations.

### Physical Locations:

SAR Center Main Office  
University Hall, Room 102  
Phone Number: 817-272-3364  
Email at: [sarcenter@uta.edu](mailto:sarcenter@uta.edu)

SAR Alternative Testing Center  
University Hall, Room 104  
Phone Number: 817-272-3420  
Email at: [alternativetesting@uta.edu](mailto:alternativetesting@uta.edu)

Learning Access Center  
University Hall, Room 101  
Phone Number: 817-272-5096  
Email at: [learningaccess@uta.edu](mailto:learningaccess@uta.edu)

# Campus Recreation (MAC)

Provides recreational, leisure, and social activities to the campus community, including intramural sports, clubs, aquatics, fitness, wellness, adaptive sports, spirit groups, and Esports.

## Important resources available through the MAC

- Affordable wellness services for students, faculty, and staff such as personal training, nutrition consultation, group exercise, recreation, aquatics, and sports.
- Hosts many of UTA's long-standing traditions and special events such as Oozeball, Bed Races, and Homecoming 5K.
- Faculty, Staff, Alumni and Community Members are also able to purchase memberships
- MyWellness, an online wellness portal, provides access to free workouts from wherever you are.

## What underutilized resource do you wish faculty/staff knew about?

Using Campus Recreation and its affordable programs may help to relieve stress, improve mental health, and contribute to overall wellbeing. All fee-paying students are automatically members and are eligible to participate in all Campus Recreation programs and services.

## If students are interested, what can faculty/staff do to assist?

Visit Campus Recreation to see a variety of options. The MAC is open 7 days a week during the fall and spring semesters.

Physical Location:

Maverick Activities Center (MAC)  
500 W. Nedderman Drive  
Phone Number: 817-272-3277  
Email at: [campusrec@uta.edu](mailto:campusrec@uta.edu)