



## Texas A&M University Health Services

# Who We Are

## About Us

University Health Services empowers Texas A&M students through integrated care that supports their physical and mental health. As part of Texas A&M Health, students receive the highest level of care in medicine, counseling, prevention and Emergency Medical Services that fosters their academic, personal and professional success. Join us to learn more about the services and resources available to students at Texas A&M.

## Mission

University Health Services is dedicated to empowering our diverse student body through integrated care that supports their physical and mental health. We are committed to partnerships that support student health.

## Vision

To be leaders in university health care through innovation, transformation and impact.

## Reference How-To

*In alignment with the Texas A&M Health Style Guide, University Health Services avoids use of acronyms. Additionally, as a single, united entity, University Health Services does not divide its personnel and functions into separate units or departments. Rather, it operates through a variety of service lines which may collaborate and communicate with each other, as appropriate, for maximum organization efficiency and student benefit.*

**FIRST & SUBSEQUENT REFERENCES:** University Health Services  
**SERVICE LINES SAMPLE REFERENCES:** "I work in counseling at University Health Services" or "University Health Services offers physical therapy."

## Quick Links

*To expedite and optimize access to care, University Health Services utilizes a wide array of tx.ag links in promotional materials and messaging. These links are created and maintained by the Division of Marketing & Communications liaisons to University Health Services.*

**APPOINTMENTS:** [tx.ag/UHSappointment](https://tx.ag/UHSappointment)

**HELPLINE:** [tx.ag/helpline](https://tx.ag/helpline)

**OUTREACH:** [tx.ag/UHSoutreach](https://tx.ag/UHSoutreach)

**SELF-HELP:** [tx.ag/UHSselfhelp](https://tx.ag/UHSselfhelp)

**TELUS HEALTH STUDENT SUPPORT APP:** [tx.ag/supportapp](https://tx.ag/supportapp)

**STUDENT FEEDBACK:** [tx.ag/UHSfeedback](https://tx.ag/UHSfeedback)

# Locations & Facilities



**A.P. Beutel Student Health Center**  
311 Houston St., Bldg 520

HOURS: M-F | 8:00 a.m.-5:00 p.m.



**Student Counseling & Mental Health Care Center**  
471 Houston St., Bldg 1546 (4th Floor)

HOURS: M-F | 8:00 a.m.-5:00 p.m.

## Embedded Counselor Locations

College of Agriculture & Life Sciences | College of Arts & Sciences  
 College of Engineering | Evans Library | Graduate and Professional School  
 Higher Education Center at McAllen | Office for Student Success  
 School of Education & Human Development | School of Law, Fort Worth  
 University Police Department | Veterinary Medicine & Biomedical Sciences



# Services & Resources

## COUNSELING & MENTAL HEALTH CARE

No-cost counseling appointments and related services are available to currently enrolled students.

### SERVICES

In-person and virtual options available.

- Individual Counseling
- Single Session Counseling
- Quick Checks
- Crisis Counseling

### GROUP COUNSELING & WORKSHOPS

Group counseling connects students with peers facing similar circumstances or challenges to learn coping techniques in a brave space.

Virtual and in-person workshops provide opportunities to increase different coping skills and wellness habits aimed towards improving mental health and wellbeing in 1-3 sessions.

### ASSESSMENT & REFERRAL SERVICES

- Career Testing & Counseling
- Learning Disability & ADHD Screenings
- Community Referrals
- Alcohol & Other Drug Services

### LET'S TALK

Counselors converse informally with students about wellness and support resources at locations including Multicultural Services, Hotard Hall, International Student & Scholar Services, Student Life Center, the School of Education & Human Development, University Libraries, the Veteran Resource & Support Center and Zachry.

### AFTER-HOURS MENTAL HEALTH SUPPORT OPTIONS

- **HelpLine:** HelpLine is the after-hours mental health peer support service at Texas A&M University. Available at **979.845.2700** from **4 p.m. - 8 a.m. on weekdays** and **24 hours a day on weekends** when classes are in session, HelpLine provides information, crisis intervention, and referrals to students, as well as those concerned about students.
- **TELUS Health Student Support App:** Students can access **free** and **confidential** professional counseling in multiple languages 24/7 via phone or chat. The app also offers mental health assessments, self-care resources and a peer support community.

## EMERGENCY MEDICAL SERVICES

**Emergencies: 911 | Non-emergency phone: 979.845.1525 | General inquiries: tamuems@ems.tamu.edu**

### LOCAL EMERGENCY RESPONSE

Emergency Medical Services is a campus-based emergency medical provider that responds to emergencies on the Texas A&M campus. Texas A&M University EMS offers its services to all students, faculty, staff and visitors on the Texas A&M campus and community.

### EVENT PRESENCE

Texas A&M University EMS is able to assist in providing medical coverage for events, offering an assortment of services and providing different levels of credentialed staff to meet specific needs. In addition to medical coverage, Texas A&M EMS also offers CPR classes.

## PRIMARY & SPECIALTY MEDICAL CARE

### PRIMARY CARE

In-person and virtual options available.

- Acute Illnesses & Injuries
- Attention-Deficit Hyperactivity Disorder (ADHD) Services
- Sexual Health

### NURSE CLINIC

Nurse Clinic offers enrolled students additional availability for medical or mental health appointments, including some walk-in appointments. Telephone consults are available on weekdays, 8:00 a.m.-5:00 p.m. at **979.458.8310**. **Dial-a-Nurse** provides after-hours assistance at **979.458.8379**.

### TRAVEL MEDICINE

Students traveling out of the country have the opportunity to receive medical guidance and recommended immunizations before their scheduled departure.

### ALLIED HEALTH

Comprehensive healthcare options offer students a variety of opportunities to address health-related needs as conveniently and cost-effectively as possible. Allied Health units include:

- Physical Therapy
- Nutrition Services
- Laboratory
- Radiology
- Pharmacy

## PREVENTION & POPULATION HEALTH

### EVENTS

- 12th Paw
- Coffee with a Counselor
- Color with a Counselor
- Vaccine clinics
- Von's Vision

### INITIATIVES

#### Suicide Awareness & Prevention:

Programming and training opportunities strive to reduce stigma, raise awareness and offer support.

### OUTREACH

Outreach connects University Health Services with our Texas A&M community through presentations, resource tables and participation in panels or student projects.

### SELF-HELP RESOURCES

A robust online resource library offers insight into topics such as anxiety, career planning, study habits, depression, gratitude, grief, wellness practices, relationships, self-compassion, sleep and more.

University Health Services charges \$15 for basic primary care office visits at the A.P. Beutel Student Health Center. Other visit types may incur a higher charge based on the level of service, such as telemedicine, mental health, specialty visits, or other visits with complex or multiple complaints.

For other services provided, discounted fees may be offered. These charges can be applied to the student's fee account, which will then be paid to Student Business Services. University Health Services also accepts all major credit cards, checks (with driver's license, state issued identification card, or passport), as well as payments from insurance plans.



**TEXAS A&M UNIVERSITY  
MENTAL HEALTH  
RESOURCES**  
[mentalhealth.tamu.edu](http://mentalhealth.tamu.edu)