

Crisis Support

24/7 Crisis Line for all campuses 940.898.HELP (4357)

Emotional Regulation Tools

Pioneer Pet Therapy Program (Denton Campus) allows students to spend time with trained therapy dogs and can improve mood, reduce stress and anxiety, and connect with other animal lovers. See event dates on Pioneer Engage.

Equine Therapy provides guided interaction with an equine therapist at equestrian center in Ponder, TX. Students learn care and grooming and use non-verbal cues to communicate with horses; can help reduce anxiety, depression, learn to manage and express emotions more appropriately and increase self-confidence. Registration required. Transportation provided from Denton campus.

Outdoor Adventure is sponsored by Fitness & Recreation and offers a variety of day and overnight trips to help get students out in nature and expose them to a variety of outdoor experiences. Registration is required.

Self-Help & Peer Support

OASIS is a mobile app featuring self-care content and videos on wide variety of wellness topics, including mood logs to monitor/track affect; campus and community mental health resources and 24/7 real-time chat support.

Togetherall is a 24-7 virtual peer community; students can safely and anonymously connect with peers and support each other's mental health; take short courses and brief assessments on mental health; set goals, journal and track their mental health.

A Nourishing Space is a peer wellness and nutrition coaching program that provides support, motivation and/or education; the student coaches have academic credentials but are NOT licensed or certified.

Stress Reduction & Rejuvenation

TWU offers massage chairs, meditation egg chairs, nap pods, quiet spaces (find locations at twu.edu/student-health-services/mental-health); fitness centers, and the Fitness & Recreation gaming lounge (Denton).

Support & Encouragement

When Life Feels Messy Podcast is facilitated by CAPS mental health clinicians who dive into conversations about a range of issues related to mental health and the college journey.

Mainstay is a platform that will send texts to Denton generation undergraduate students about important dates, deadlines, and messages of encouragement. Will be sent to eligible students. No referral needed.

Therapy & Health Care Services

CAPS provides single session intervention, individual therapy, group therapy and crisis appointments.

META (Denton Campus) is a Telehealth platform where Denton students can access up to six (6) free therapy sessions with a therapist of their choice for as long as university pre-paid sessions last.

Academic Live Care (Dallas & Houston Campuses) is a telehealth platform that provides unlimited access to therapy, 24/7 on demand counseling, psychiatric care, 24/7 urgent medical care, nutrition counseling and various other online tools. Eligible students will receive access instructions via email.

Health care and pharmacotherapy services are provided by [Student Health Services](#) clinicians and by a contracted psychiatrist.