

WELLNESS

Counseling and Psychological Services (CAPS)

Caring Staff

Our office is staffed by licensed mental health practitioners and two graduate interns who are eager to create a vibrant and safe campus community in which psychological health and academic life flourish for our diverse student body. CAPS' staff is committed to providing support and encouraging your personal growth.

Personal Counseling

Concerns, struggles, and changes are all normal parts of life. Sometimes we can work through them on our own; other times, talking to a professional can help. CAPS offers a safe, confidential atmosphere in which personal concerns can be openly explored and discussed within a culturally inclusive environment. Topics often include anxiety, depression, alcohol and drug issues, goal setting, grief and loss, relationships, sexual identity, self-esteem, and stress. CAPS can also assist with referrals to campus resources and community providers for students needing longer-term support. Appointments may be made by stopping by the CAPS office at the Wellness Center, 101 Health and Kinesiology building, or by calling 402.554.2409. Learn more on the Counseling and Psychological Services website (<https://www.unomaha.edu/student-life/wellness/counseling-center/>).

Health Services

Nebraska Medicine UNO Health Center

The UNO Health Center is an on-campus medical clinic that helps UNO students stay healthy while they're in school. It is staffed by board-certified medical professionals who specialize in college health. Services include care for common illnesses and injuries, wellness exams, chronic illness management, sexually transmitted infections testing and treatment, gynecological care and birth control, a variety of immunizations, lab testing and more. In addition to medical services, the UNO Health Center offers health and wellness education through presentations, on-campus outreach booths and the Health Matters blog. The health center is in the Wellness Center, 102 H&K, and is open Monday through Friday from 8 a.m. to 4 p.m. year-round. In-person and telehealth visit options are available depending on the concern. Appointments are required for care and can be made by calling 402.554.2374 or online at healthcenter.unomaha.edu.

Costs

The University Program and Facilities Fee covers the cost of certain services, but it does not cover all possible charges. Services not covered by student fees can be submitted to the student's health insurance plan. Nebraska Medicine accepts most insurance plans. If you do not have insurance, financial assistance may be available through Nebraska Medicine. Learn more at <https://www.unomaha.edu/nebraska-medicine-uno-health-center/index.php> (<https://www.unomaha.edu/nebraska-medicine-uno-health-center/>).

Maverick Food Pantry

Located in the Barbara Weitz Community Engagement Center, the Maverick Food Pantry (MFP) contributes to UNO's culture of caring by providing students with food, toiletries, personal hygiene items, school supplies, menstrual products, sexual health products, diapers, and parenting supplies. The MFP also connects students with resources in the greater Omaha area for other basic needs support.

Other MFP Services:

- The *Oh SNAP!* program serves students with eligibility questions and application assistance for the Supplemental Nutrition Assistance Program.
- Once a month, the MFP partners with other on-campus groups to host "pop-up" closets to distribute free clothing.
- During the growing season, the MFP's Community Garden grows produce on campus to distribute in the pantry.

Overall, the Maverick Food Pantry team works to spread awareness and destigmatize basic needs insecurity on UNO's campus.