



HEALTH PROMOTION PROGRAMS AND RESOURCES (2019-2020)

ALCOHOL AND OTHER DRUGS

Thirsty Thursdays **

Alcohol and other Drug Awareness Week

Prescription Drug Take-Back program

What's Up With Weed Panel

Info on resources and services including:

- **Consultations with substance abuse specialist***
- **Harm reduction** for alcohol, marijuana, tobacco, study drugs, etc.
- **Medical Amnesty and Active Bystander Protocol**
- **AlcoholEDU** online (substance abuse prevention)
- **WashU Recovery Group** for students in recovery from substance abuse



MENTAL HEALTH

Mental Health Mondays **

Mindfulness Boot Camp workshop

Workshops on **stress, sleep, helping people in distress, finding balance as a student**, and more!

Stress-Free Zones

Informational material on common student mental health concerns

Stressbusters - free 5-minute backrubs and wellness info at events on campus

Info on resources and services including:

- **Let's Talk** - quick, confidential, cost-free consultations with Mental Health Services staff members at various locations on campus
- **Therapist Assistance Online (TAO)**
- **Emotional support and skills groups and workshops**



SEXUAL HEALTH

Frisky Fridays**

Free STI Screening Days and Sex Week

Bare Mail: safer sex supplies delivered in discreet envelopes to students who complete an order form

Campaigns from **Bedsider U** and **Planned Parenthood** to prevent unintended pregnancy, including **"Thanks, Birth Control" Day**

Sex in the Dark sexual health education programs led by Peer Health Educators, practicum students, and a "sexpert"

We've Got You Covered free condom program with dispensers in residential colleges, on-campus apartments, and Greek houses

Info on **Medical and Mental Health Services** related to sexual health at Habif and in the community



FITNESS AND NUTRITION

Tasty Tuesdays **

Info on resources and services including:

- **BearFit classes**
- **Healthy dining options**
- **Consultations with dietitian/mental health provider/medical provider at Habif** on body image, eating concerns, and physical health*
- **Consultations with fitness trainers at Summers Rec**
- **Bear Adventures**



* In the Habif Health and Wellness Center on Shepley Drive (South 40)

** In the Zenker Wellness Suite, Summers Recreation Center, Room 303

To plan a program, request materials, ask a question, or get involved, email wellness@wustl.edu