HEALTH PROMOTION PROGRAMS AND RESOURCES
(2018-2019)

ALCOHOL AND OTHER DRUGS

Alcohol and other Drug Awareness Week
"The Buzz" - Interactive alcohol education programs that come ready to go and can be
tailored to your community

Prescription Drug Take-Back program

Thirsty Thursdays **

What's Up With Weed Panels

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
- Think About It online training on substance use, healthy relationships, and violence prevention
- The WashU Recovery Group for students in recovery from substance use

FITNESS AND NUTRITION

Bear Adventures
Tasty Tuesdays **

Wellness Wednesdays **

Dine with the Dietitian program in Dining Services’ demo kitchen featuring a healthy meal
prepared by a Bon Appetit chef and conversation with the Director of University Nutrition/Dietitian at Habif

Info on resources and services including:
- BearFit classes
- Connie’s Choice 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 Sumers Rec
- Various challenges and giveaways

MENTAL HEALTH

Mental Health Mondays **

Stress Management programs

Sleep programs

Stress-Free Zones in Olin Library

StressLess@WashU - 30-minute consultations with HPS Staff

Informational material on common student mental health concerns

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

Info on resources and services including:
- Let’s Talk - quick, confidential, free consultations with Mental Health Services staff members at locations around campus
- Therapist Assistance Online (TAO)
- Emotional support and skills groups and workshops

SEXUAL HEALTH

Bare Mail safer sex supplies (free condoms, dams, and lube delivered in discreet envelopes
by campus mail to students who complete an order form in this pilot program)

Campaigns from Bedsider U and Planned Parenthood to prevent unintended pregnancy

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

Frisky Fridays**

STI screening events and Sex Week

"Thanks, Birth Control" Day

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

* In the Habif Health and Wellness Center on Shepley Drive (South 40)
** In the Zenker Wellness Suite, Sumers Recreation Center, Room 303
To plan a program, request materials, ask a question, or get involved, email wellness@wustl.edu