

Health Promotion Programs and Resources 2017-18

<p style="text-align: center;"><u>Alcohol and Other Drugs (AOD)</u></p> <p>“The Buzz” interactive alcohol education programs that come ready to go and can be tailored to your community:</p> <ul style="list-style-type: none"> • Challenge Ball Activity • Fact Finders • Buzz Ball <p>Prescription Drug Take-back Days</p> <p>Thirsty Thursdays**</p> <p>What’s Up with Weed Panels</p> <p>Info on AOD resources and services including:</p> <ul style="list-style-type: none"> • Consultation with substance abuse specialist in Health Promotion at SHS* • 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 	<p style="text-align: center;"><u>Fitness and Nutrition</u></p> <p>Bear Adventures</p> <p>Dine with the Dietitian program in Dining Services’ demo kitchen featuring a healthy meal prepared by a Bon Appetit chef and a conversation with the Director of University Nutrition/dietitian at Student Health Services.</p> <p>Tasty Tuesdays**</p> <p>Wellness Wednesdays**</p> <p>Info on resources including:</p> <ul style="list-style-type: none"> • Bear Fit classes • Connie’s Choice healthy dining options • Consultations with dietitian/mental health provider/medical provider at SHS* on body image, eating concerns, and physical health • Consultations with fitness trainers at Summers Rec • Various challenges and giveaways on campus
<p style="text-align: center;"><u>Sexual Health</u></p> <p>Bare Mail safer sex supply program (free condoms, dams, lube, etc., delivered in discreet envelopes via campus mail to students who complete an order form online).</p> <p>Campaigns from BedsiderU and Planned Parenthood to prevent unintended pregnancy</p> <p>Frisky Fridays**</p> <p>Sex in the Dark sexual health education programs led by Peer Health Educators (PHEs), practicum students, and “sexperts” from the School of Medicine or the Brown School of Social Work/Public Health.</p> <p>STI Screening Days and Sex Week</p> <p>Thanks, Birth Control Day</p> <p>We’ve Got you Covered free condom program with dispensers in residential colleges and on-campus apartments (dispensers refilled monthly by ResLife).</p> <p>Info on Medical and Mental Health Services related to sexual health at SHS and in the community</p>	<p style="text-align: center;"><u>Mental Health</u></p> <p>Mental Health Mondays**</p> <p>Serenity Spaces and Gratitude Wall projects</p> <p>Stress-Less@WashU: 20-minute consultations with Health Promotion Services practicum student</p> <p>Sleep programs</p> <p>Stressbusters (free 5-minute backrubs and wellness info at events on campus) and the Stressbusters Wellness App</p> <p>Stress management programs</p> <p>Stress-Free Zone (the Sunday before exams in Olin)</p> <p>Info on Mental Health Services at SHS and:</p> <ul style="list-style-type: none"> • Let’s Talk: Quick, confidential, cost-free consultations with Mental Health Services staff members at locations around campus • Therapist Assisted Online (TAO)

*Student Health Services in the Habib Health & Wellness Center

**in the Zenker Wellness Suite, Summers Recreation Center, room 303

Programs led by Health Promotion Services staff and/or Peer Health Educators (PHEs)

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

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