

Department of Student Health and Wellness

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Director, Office of Health Promotion

Department of Student Health and Wellness



Department of
Student Health and Wellness

**SHW Operating Hours
(Academic Year):
8am-5pm weekdays**

**After-hours Urgent Call
Line**

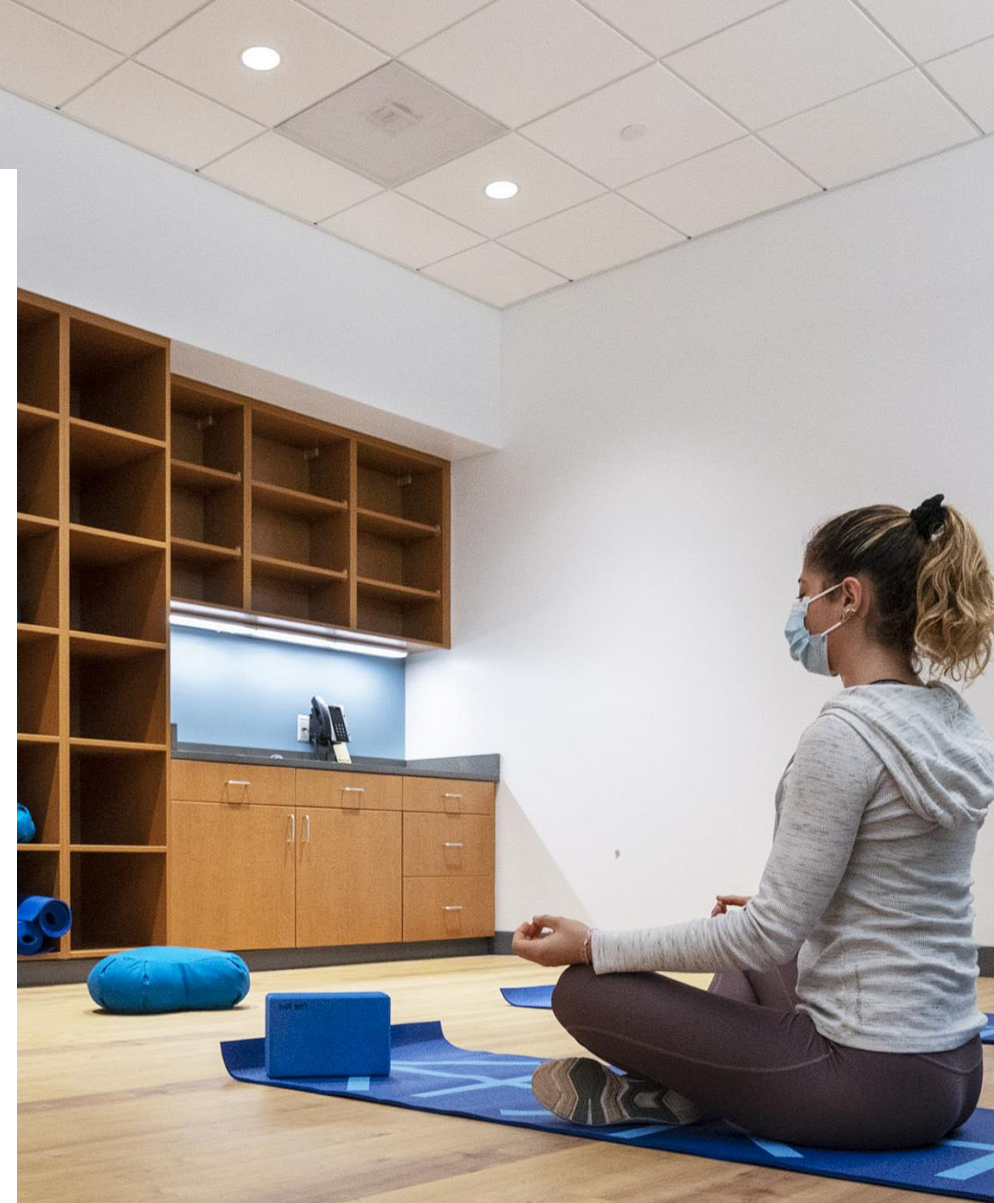
**Extended Building Hours
(Academic Year):
5pm-2am weekdays
7:45am-2am weekends**



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The Department of Student Health and Wellness promotes the health and well-being of all students at the University of Virginia to support their pursuit of academic and personal success.

- **Counseling and Psychological Services (CAPS)**
- **Medical Services**
- **Office of Health Promotion (OHP)**
- **Student Disability Access Center (SDAC)**

We saw over half of UVA students at SHW last year!

Services Covered by Fees

- Professional visits
 - MD, NP, RN, RD, PhD, MSW
- Psychological assessment/evaluation
- Counseling
 - One-on-one
 - Group
 - Couples
- Psychiatric treatment
- Consultation/evaluation for academic difficulties
- Comprehensive disability access services
- Family planning
- Same-day observation
- TimelyCare
- Travel clinic
- Management of chronic disease
- Allergy immunotherapy visits
- Outpatient eating disorder management
- 24 hr triage, on-call
- Health promotion programs
- Monitoring health and disease trends
- Consultation to parents/families/friends
- Coordination of referral services and hospital transfers

** Certain services do incur additional costs, such as lab, pharmacy, vaccines, and medical supplies. Labs and prescriptions are billed to the student's insurance, while other costs are billed to the student's account. A list of fees is available on the Student Health website.*

Cross-Disciplinary Services

- Eating Disorder Treatment Team
- Substance Use Disorders Team
- Gender-Affirming Care Team
- Concussion Team
- Travel Clinic
- Allergy Clinic
- + Referrals

Services are confidential!

2023 SHW Mental Health Services and Access

UVA Department of Student Health and Wellness

"I'd like to proactively promote my mental health and well-being and find tools to help me grow and flourish at UVA."

Online Self-Help Tools

TimelyCare's Self-Care Journeys nurture students health and well-being. From yoga sessions to audio meditations, these assets help manage everyday struggles.

[TimelyCare](#)

Peer Health Education

The Peer Health Educators (PHEs) are a diverse group of students trained to empower their peers to practice holistic health and well-being in a positive, and nonjudgmental manner.

[PHE Webpage](#)

WahooWell

WahooWell consists of a confidential well-being survey and two or more confidential, one-on-one meetings with a well-being facilitator. Available to all students.

[Schedule a Session](#)

Well-being Guides

A joint students-and-staff effort, this digital hub includes different well-being guides with helpful info and tips, on- and off-Grounds resources, and searchable terms.

[Explore Well-being](#)

"I've identified some mental health and well-being concerns and would like to actively engage with a professional to discuss."

Counseling & Psychiatry

Counseling & Psychological Services offers individual, couples, + group therapy, embedded care services in the Schools, psychiatric care, and "Let's Talk" drop-in consults.

[Learn More](#)

Nutrition Services

Nutrition services are grounded in a weight-neutral, health-forward approach. Registered Dietitians serve students dietary needs, including those with eating disorders.

[Schedule Online](#)

Recovery Programming

Whether you've been sober for 30 minutes or 30 years, the Collegiate Recovery Program (CRP) is here for you! Join an encouraging, fun community with regular meetings and events.

[CRP Website](#)

Telehealth Care

Students have access to 24/7 "TalkNow" on-demand service for mental health concerns, 12 free telehealth sessions/year, and psychiatric care through TimelyCare.

[TimelyCare](#)

"I am in crisis and need help now."

ACCESSING CAPS EMERGENCY ASSESSMENTS AND/OR CONSULTATION.

- If you are in immediate danger of harming yourself or others, or are having a medical emergency, **DIAL 911**.
- [Timely Care 24/7 TalkNow](#) allows students to connect with a mental health professional any time of day, either by phone or video. Students can use TalkNow to discuss any concern, from conflicts with roommates to mental health crises. Staff are happy to assist 24 hours a day, 7 days a week. Download the [TimelyCare app](#) to get started.
- **CAPS On-Call:** During business hours (M-F, 8am-5pm) students in crisis can walk-in to CAPS at 550 Brandon Avenue or call 434-243-5150 to speak with an on-call counselor.
- **Concerns Regarding a Student:** If you are concerned about a student, you can call 434-243-5150 24 hours a day, 7 days a week and ask to speak with the on-call counselor. Consultation regarding concerns about students is available to UVA students, faculty, administrators, staff, parents, and other concerned community members.

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How You Can Help Individuals

- Talk to the student privately
- Avoid making promises of complete confidentiality
- Reflect back content AND also emotions expressed
- Express curiosity, openness, and a desire to help
- Offer to build a bridge to resources to address various needs
- *Offer to connect the student with experts trained to help struggling students*
- Be patient. This can often occur over a series of conversations, but the student identified you as 'their person'.

YRBSS 2011-2021 – Mental Health

Increased persistent feelings of sadness/hopelessness, considering suicide, making a plan, and attempting suicide.

Females and LGBTQ+ students more likely to experience poor mental health and suicidal thoughts and behaviors.

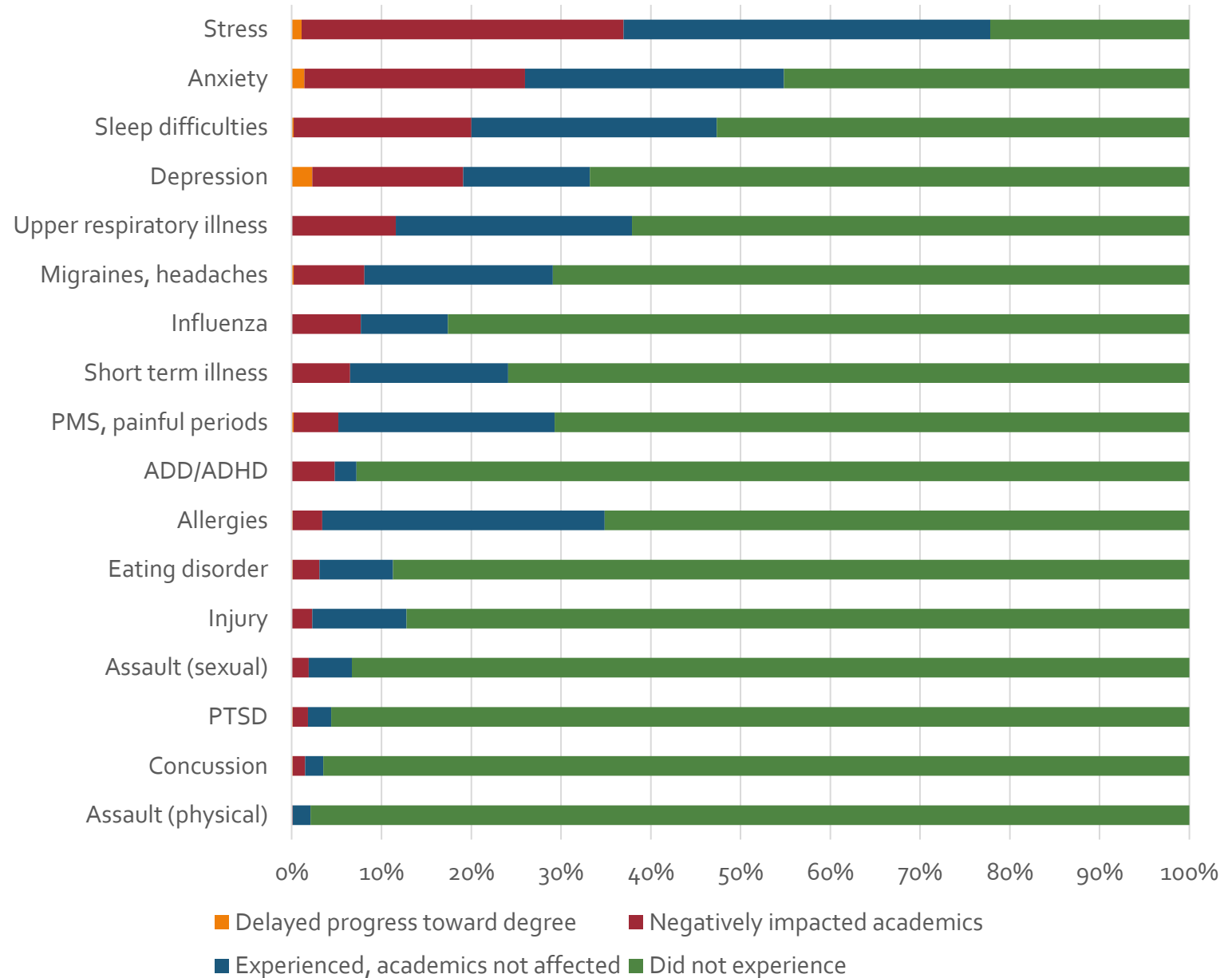
| The Percentage of High School Students Who:* | 2011 Total | 2013 Total | 2015 Total | 2017 Total | 2019 Total | 2021 Total | Trend |
|---|---------------|---------------|---------------|---------------|---------------|---------------|---|
| Experienced persistent feelings of sadness or hopelessness | 28 | 30 | 30 | 31 | 37 | 42 |  |
| Experienced poor mental health† | – | – | – | – | – | 29 | – |
| Seriously considered attempting suicide | 16 | 17 | 18 | 17 | 19 | 22 |  |
| Made a suicide plan | 13 | 14 | 15 | 14 | 16 | 18 |  |
| Attempted suicide | 8 | 8 | 9 | 7 | 9 | 10 |  |
| Were injured in a suicide attempt that had to be treated by a doctor or nurse | 2 | 3 | 3 | 2 | 3 | 3 |  |

Impediments to Academic Performance

Most prevalent are mental health related:

- Stress
- Anxiety
- Sleep difficulties

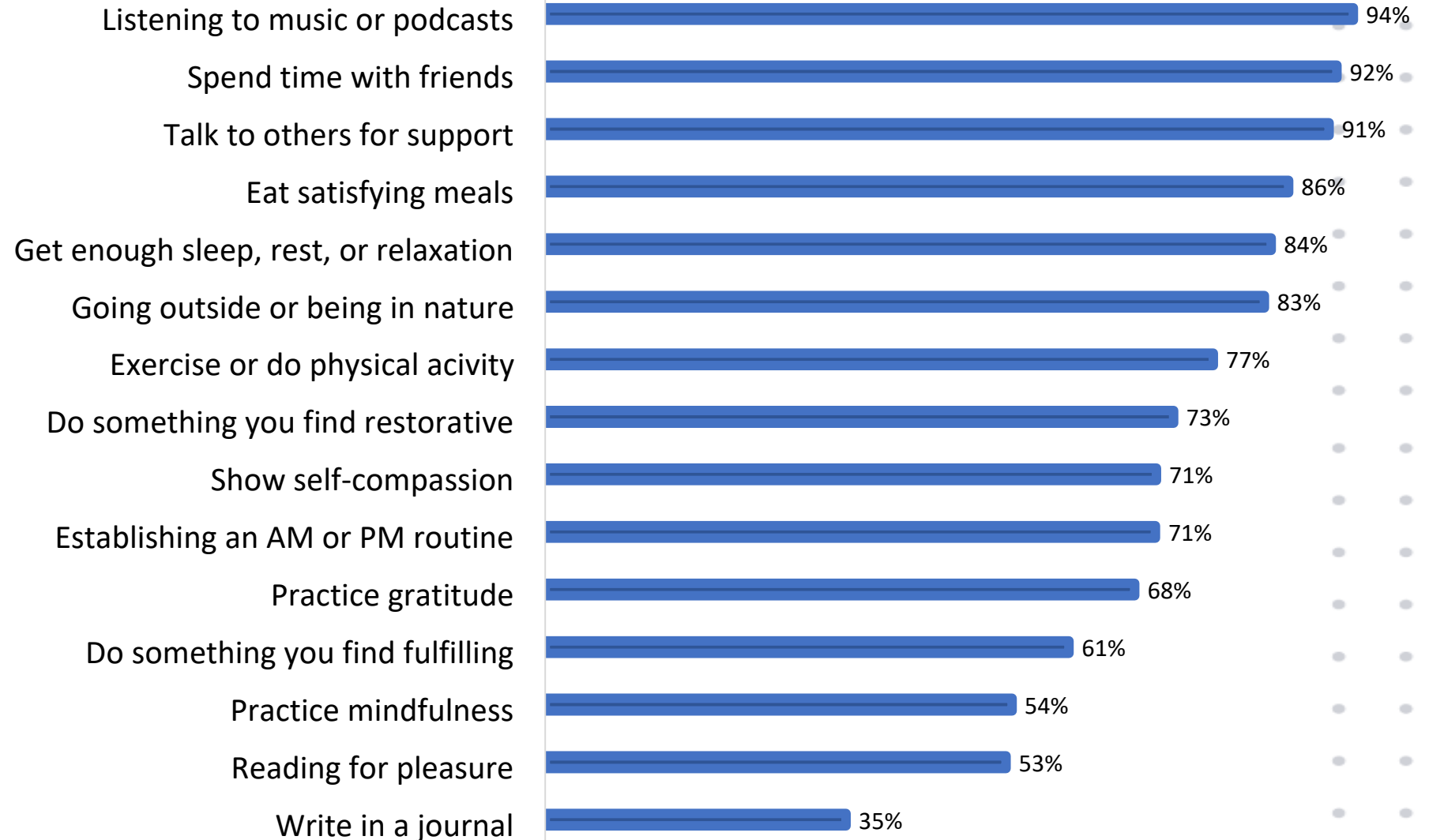
These also have had the most negative impact. This is the same pattern as 2020.



Respondents asked to select the most serious outcome for each case.

And yet...

Our students are practicing personal well-being skills.



Anecdotal, a lot of strong engagement from our 1st and 4th Year students during the 2022-23 Academic Year.

What structural changes
can you make to positively
impact student well-being?

THINK SMALL!

Community Well-being

Personal Well-being



studenthealth.virginia.edu

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