What’s keeping you up at night?

We’re here to help.

student wellness partners
If you’re not sleeping, there’s probably more than one thing bothering you. If you’re a typical UCR student, you’ve got a lot on your mind. From your diet to your body image to your stress level. And that doesn’t even include family responsibilities, personal relationships, or your academic concerns!

Fortunately, you’re not alone. We’re the **Student Wellness Partners.** A group of peers and professionals who work together with only one thing in mind: Helping you feel good about you.

Get well soon! Or better yet, don’t get sick in the first place. Student Health Services’ **Preventive Care Clinic** promotes healthy lifestyles through on-campus activities and one–on–one consultations to help you stay fit and avoid health risks that may lead to problems.

**STUDENT HEALTH SERVICES** provides affordable, convenient, confidential high quality medical care to UCR students. Our facilities include a primary care clinic, in-house medical lab, pharmacy, and x-ray–services. Specialty clinics include women’s health, travel, dental, and psychiatric services.

“I feel that this was one of the most effective health fairs I have attended on behalf of Susan G. Komen for the Cure. Great job of organizing and motivating students to attend and participate!”

– Heather Gilbert (SGK representative)

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Student Health Services • Veitch Student Center, South Wing 951.827.3031 • health@ucr.edu • campushealth.ucr.edu
At UCR we promote cross-cultural understanding and build multi-cultural excellence. We create a campus environment where everyone feels free to express their identity and explore their connections with others.

Our initiatives include coordinating Diversity Dialogues, the Diversity Double Feature film screenings, the Common Ground retreat and summer workshop, guest speakers, and diversity trainings. Our Diversity Advocates foster peer-to-peer connections through their programs and events.

For more specific information about our common ground retreat and summer workshop, please visit commonground.ucr.edu. If you’d like to get more involved in diversity events and programs at UCR, please visit diversityinitiatives.ucr.edu.

Counseling and Psychological Services at UCR provides confidential, psychological and psychiatric services, free to all registered UCR students. Individual, couple and group counseling sessions are available for students to work on a variety of issues, such as adjustment, relationship problems, depression, anxiety, eating disorders, substance use and abuse, identity development, stress management, and family concerns.

Our stress management programs include Biofeedback, weekly relaxation and meditation classes, and StressBusters Peer Educators. We also present outreach presentations on various mental health topics and consult with students, faculty, staff and parents concerned about a student’s welfare.

STUDENTS IN CRISIS!
Walk in to Counseling and Psychological Services between 8:30 am and 4:30 pm, Monday – Friday.
Or, talk to a clinician by phone 24 hours a day at 951.827.5531, (951.UCR.TALK).
Counseling and Psychological Services
Veitch Student Center, North Wing
951.UCR.TALK (827.8255) • counseling.ucr.edu
“...although it may seem to be hard to get through to people my age sometimes or really make a difference in anything in this world you have truly made a difference in my UCR experience.”

– Student Comment

**MENTAL HEALTH OUTREACH • DEAN OF STUDENTS**

Our campus should be a safe and friendly place for you to spend time in. So should your mind. Mental Health affects everyone. As part of our Mental Health Outreach, UCR’s Student Affairs Case Managers offer support to students in managing relationships and family demands, meeting your academic goals, and making the most of your mental and emotional health. You can reach the Case Managers at casemanagerdos@ucr.edu.

Our Mental Health Educators provide programming that emphasizes the importance of students’ mental health needs, and we are a lead supporter of Active Minds – a student group that works to destigmatize mental health issues on college campuses. Don’t be afraid to ask for help... for you or for a fellow student you may be concerned about. Or to request a program or outreach activity, go to activeminds.ucr.edu and follow the link to “Request a Program.”

**HOUSING, DINING & RESIDENTIAL SERVICES**

“All week I’ve had a blast, either it was learning about the campus or dancing the night away. The RA’s and PC’s are awesome!”

– Student Comment

At Housing, Dining and Residential Services, we want to develop an atmosphere that enables students to study, excel academically, and enjoy a variety of programs. We help our residents with personal problems, adjudicate conduct situations, and generally work towards creating healthy communities within our halls.

Check out our diverse living communities and housing options including gender-neutral housing, Pan-African Theme Hall (PATH), Mundo Hall, Honors Hall, Stonewall Hall and more! We provide programming in areas such as healthy relationships, academic success, personal wellness, careers exploration, and community building. In other words... life!

Housing, Dining & Residential Services • housing.ucr.edu
951.827.6350 • 3595 Canyon Crest Drive, Riverside, CA 92507
housinginfo@ucr.edu
We want you to feel at home at UCR. Even if your real home is thousands of miles away. As an international student, we know you may struggle with language issues and cultural differences. So we try to provide a home away from home. A place to celebrate your traditions and learn about others, as well as receive practical assistance with immigration, taxes, employment and more!

The ISRC also has all the information UCR students need to explore studying abroad! We can help students in all majors find the international experience that meets their goals. For those interested in developing their intercultural and mentoring skills on campus, we offer opportunities through the International Peer Advisor Program, Global Connections Partner Program, and Global Opportunities Abroad Leader Program. Plus we are the headquarters for several scholarships promoting international exchange.

International Student Resource Center • University Village
Suite 204 Mon. - Fri. (8 am - 5 pm) • 951.827.4113
internationalcenter.ucr.edu

We know how it is. The all-night study sessions. The fast food diet. The stress. The lack of sleep. Let’s face it. College is hard on your body. Just a few years ago when you were living at home, it seemed a lot easier to stay fit and healthy. But now, you could use a little help.

At Recreation’s newly remodelled space, we have an enormous variety of ways to help you get fit and stay fit. Hit the weights. Do some cardio. Play a game. Take a class. Or participate in Zumba, yoga, intramurals, or Pilates! Best of all, your membership is free. It’s been paid for out of your student fees!

Need a little one-on-one instruction? Hire a personal trainer. Feeling a little more adventurous? Check out our Outdoor Excursions Program that allows students to take part in activities like snowboarding and kayaking. Don’t wait. Your body’s been good to you. Isn’t it time to return the favor?

Recreation
951.827.5731 • recreation.ucr.edu
It would be pretty hard to attend several years at a major university like UCR without ever feeling stressed. Or sick. Or lonely. Or afraid. Let’s face it. There’s a lot that can go wrong. But that’s okay because we’re here to help. And the Well is deep.

At the Well, we can help you through a crisis, find stress relievers, begin a healthier lifestyle, and celebrate your individuality. We are your home for all things wellness and health related, including many initiatives and programs such as R.E.A.C.H., Wellness Wednesdays, Lunchtime Learning, Alternative Spring Break and the online monthly magazine, Student Health 101. So if you’d like to learn more, or if you happen to be going through a difficult time and think you could use some assistance, please don’t hesitate to contact a Well Peer.

UC Riverside consistently ranks at the top of the Washington Monthly College Rankings – due in large part to the community service performed by our students. UCR’s Community Service Initiatives provide community service project opportunities to students and student organizations here on campus and in the Riverside community.

Community Service Initiatives also support the Community Service Ambassador student program, collaborates with Student Organization Service Week, and provides online community service hour tracking.

We also sponsor UCR’s extremely successful Alternative Spring Break program that promotes community service, helps students to develop leadership skills, and creates strong bonds among its participants.
UC Riverside offers some of the top ranked graduate programs in the country. But with those high rankings come high expectations, and quite often, a fair amount of pressure. (Not to mention an overwhelming amount of work).

The Well’s Graduate Initiatives work to counteract any feelings of loneliness or alienation – or stress due to busy schedules. We offer workshops on wellness specifically geared towards grad students, quarterly wellness programs, and online wellness tools designed for busy graduate students.

If you’re a UC Riverside graduate student, you’re one of our nation’s best and brightest. We also want you to be among the healthiest.

The graduate programs offered by UC Riverside attract some of the great minds in the sciences and arts… contributing to the local quality of life and educating the future leaders of California.

We cultivate partnerships to create a holistic health education program for UCR students.

– The Health Education Initiatives

Through the use of innovative programming and peer education such as Golden ARCHES and Safe Ride, UCR’s Health Education Initiatives provide students with the information, guidance, and other resources they need to deal with issues like:

- Alcohol
- Sexual Health
- Sexual Assault and Violence
- Eating Disorder and Body Image
- Gambling
- Mental Health

The Health Education Initiatives host Nutrition and Fitness Month activities, support the GO Student Pedometer Program, the Student Wellness Speaker Series, advise the Winning On Wellness club, and offer the Bystander Intervention Program.
At UCR we are fortunate to have an incredible team of health professionals on staff. But there are times when you just want to talk to another student. Someone who’s been through what you’re going through. Your fellow students can relate to you in ways that your parents and the professionals cannot.

That, in a sense, is the true power of the peers.

Student Affairs Peer Programs support the development of 27 different peer groups. We offer weekly Lunchtime Learning workshops and work with the Power of the Peers to recruit, train, and advise our outstanding peer mentors. If you’d like to talk to a student peer, or if you’re interested in becoming a peer or mentor, please contact us.

“Being able to work as a Well peer has been one of the best things for me because I’m able to help several students with physical/mental health and keep well informed about all of the events that occur on campus.”

– Student Comment

“…You were there for me when so many people I thought were my friends could not be there. That is something special.”

– Student Comment

The Student Wellness Partners are a group of peer educators, mentors, and professionals committed to health and well-being. We provide a network of services and programs to promote healthy minds, bodies, and communities.

*Student Comments are actual responses from students who have attended our events or utilized our services. Their identities are withheld for the purposes of privacy.
STUDENT WELLNESS PARTNERS
and Wellness Initiatives

Counseling and Psychological Services
Veitch Student Center, North Wing
951.UCR.TALK (827-8255) • counseling.ucr.edu

Diversity Initiatives | Dean of Students
381 Highlander Union Building
951.827.7233 • diversityinitiatives.ucr.edu • marcela.ramirez@ucr.edu

Mental Health Outreach | Dean of Students
951.827.6095 • casemanagedos@ucr.edu

Housing, Dining & Residential Services
3595 Canyon Crest Drive, Riverside, CA 92507
951.827.6350 • housinginfo@ucr.edu • housing.ucr.edu

International Student Resource Center
University Village, Suite 204
951.827.4113 • internationalcenter.ucr.edu

Recreation
951.827.5731 • recreation.ucr.edu

Student Health Services
Veitch Student Center, South Wing
951.827.3031 • health@ucr.edu • campushealth.ucr.edu

The Well
248 Highlander Union Building
951.827.9355 (UCR-WELL) • well.ucr.edu

Community Services | the Well
951.827.9355 (UCR-WELL) • well.ucr.edu

Graduate Initiatives | the Well
951.827.9355 (UCR-WELL) • well.ucr.edu

Health Education Initiatives | the Well
951.827.9355 (UCR-WELL) • well.ucr.edu

Student Affairs Peers Programs | the Well
951.827.9355 (UCR-WELL) • well.ucr.edu

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