#### STUDENT WELLNESS COMMITTEE & SUB-COMMITTEES

Student Health and Wellness oversees the Student Wellness Committee, composed of students from each class who lead wellness programs for their peers. The committee consists of several different sub-committees, each focused on a different dimension of wellness: Health and Wellness, Community Building, Resilience & Mental Health. The committee works closely with medical students who also focus on promoting wellness. The student wellness committee has been instrumental in planning wellness events/activities, as well as developing their own programs - including a box with motivational messages for students, goody bags, yoga sessions and monthly spotlights stories of resilience and wellness life hacks.

# OFFICE OF STUDENT HEALTH & WELLNESS



## **Office Staff**

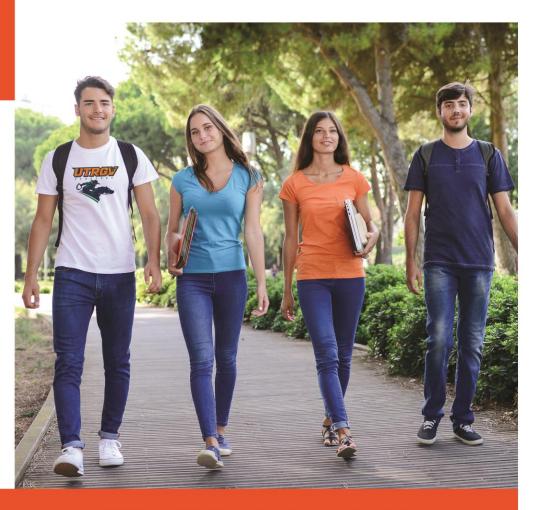
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**OFFICE OF STUDENT HEALTH & WELLNESS** 

EMEBL Room 1.118 • (956) 296-1909 • somwellness@utrgv.edu





#### **MISSION STATEMENT**

The Office of Student Health and Wellness is dedicated to providing medical students with student life advising and counseling services to help them achieve optimal mental, emotional, and physical health and wellness. Our goal is to encourage selfcare, resiliency, and improve their medical school experience, along with their professional development, as future practicing physicians.

#### **ABOUT**

The Office of Student Health and Wellness focuses on the interconnectedness of mind, body and spirit, and is designed to support students with opportunities to learn healthy copying mechanisms and other skills that can facilitate resolution of personal difficulties. Most importantly, the program seeks to convey to students the need of self-care and timely help-seeking when needed.



#### **GUIDING PRINCIPLES**

- Empower students to develop their professional identity and find meaning within their medical school experience
- Support students with opportunities to learn healthy copying mechanisms and other skills that can facilitate resolution of personal difficulties
- Convey the need of self-care, resiliency and timely helpseeking when needed
- Engage all students in the promotion of a sense of belonging
- Embrace the value of diversity and personal growth
- Enable students to succeed as lifelong leaders

#### **OVERVIEW OF SERVICES**

#### **Student Counseling & Support**

- A Mental Health Counselor is dedicated to medical students through SOM
- Telebehavioral Counseling offered to individual and couples

#### **Supplemental counseling services**

 MySSP- QR code below- Free 24/7 -365 access to tele- counseling (My Student Support Program)

#### **Student Health**

 Medical services are provided through the UTRGV Student Health Services

#### **Student Groups**

- Student Significant Others Support Group
- Debriefing Group Sessions (3rd & 4th year)
- Student Meditation Group

#### **Physical Wellness Activities**

- Dodgeball & Volleyball
- Walk and Talk during lunch
- Participation in the UREC Center & campus events

#### **Social Activities**

- Doctor's Day Celebration
- Relax Before the Exam
- Evening of the Lights

#### **Culinary Medicine Class**

Offers healthy cooking classes on a budget

#### **Health and Wellness Fair**

UTRGV departments & Community organizations provide information about programs and services available to our students.

#### **Student Wellness and Events**

- Yoga
- URec Center Wellness Activities & Events

#### **Student Health and Wellness Newsletter**

- Wellness resources. Student videos & stories
- News about upcoming Wellness events and more



#### **ADDITIONAL RESOURCES**

#### **Counseling Center**

Brownsville 882-3897 Edinburg 665-2574 Crisis Line 665-5555

#### School of Medicine

**Dean On-Call** 

Office of Student
Affairs 296-1410
Office of Admissions 296-1608
Office of Financial Aid 665-2501
Office of Diversity

# & Inclusion Dean of Students

Brownsville 882-5140 Edinburg 665-2260

## **Student Accessibility**

#### Center

Brownsville 882-7374 Edinburg 665-7005

# **Collegiate Recovery Program**

665-2674

296-2502

296-1903

## Military & Veteran Success Center

Brownsville 882-8980 Edinburg 665-7005

### **Download MySSP**

