



FIRST-YEAR SOAR

Health and Wellness

FLORIDA ATLANTIC UNIVERSITY

Health and Wellness

- Campus Recreation
- Counseling & Psychological Services
- Owls Care Health Promotion
- Student Accessibility Services
- Student Health Services



Top Academic Impediments (NCHA)

- Procrastination 46%
- Stress 41%
- Anxiety 34%
- Chronic medical condition 29%
- Sleep difficulties 27%
- Depression 26%



Mental health services needed...

- 76% Need help for mental health problem
- 41% Currently in counseling

Barriers:

- 49% Not sure where to go for services
- 19% Cost or no insurance



Decreasing Stigma

- 80% kept their mental health problems a secret
- 54% wish to disclose their mental problems to others
- 53% thought others stigmatized use of mental health services (perceived public stigma)
- 93% don't stigmatize mental health service use (personal stigma)



Counseling & Psychological Services (CAPS)

Confidential Services



- Short-term Individual counseling
- Group counseling
- Relationship/Couples counseling
- Crisis intervention
- Brief Consultations
- Workshops
- Online mental health screening
- After-hours support **561-297-CAPS**



www.fau.edu/counseling



FIRST-YEAR **SOAR**
STUDENT ORIENTATION, ACADEMICS AND RESOURCES

Therapy Assistance Online



Healthy Owls
**ASK FOR
HELP**

Self-help activities are
available online 24/7
with Therapy Assistance
Online (TAO)

“ 93% of students
would NOT stigmatize
others for using
mental health services
(Healthy Minds Study 2020) ”



Online (TAO)
with Therapy Assistance

Health & Wellness



TAO
Mental Health Self-Help

Sign in and register with your FAU email

TAO was designed to provide you with a tool kit of evidence-based resources to help you bounce back from those setbacks. You have completely free access, 24/7/365 through your FAU email.

[Go to TAO](#)



See a Therapist



See a Doctor & More



See a Dentist



Get Active



Balanced Eating



Sexual Health



Health Equity & Advocacy

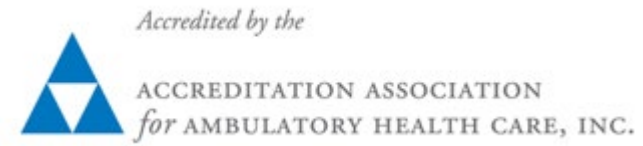


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STUDENT ORIENTATION, ACADEMICS AND RESOURCES



Student Health Services



INEXTRICABLE LINK BETWEEN HEALTH AND ACADEMIC PERFORMANCE

Families serve as primary resource for health information

- Primary Care, Acute Care, Women's Health
- No Cost COVID Testing
- Chronic Care Management
- Nutrition, Psychiatry, Dental
- No Cost Flu Vaccines
- 24/7 Nurse Line
- Clinics at Boca Raton, Davie, and Jupiter Campuses

Confidential Care: HIPAA Compliant
FERPA Releases Not Applicable

Cost: Charges apply (listed on the website)

Should never be a barrier to care

No money collected up front

Self-pay discount available

Charges are sent to student account

Accepts most insurance



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STUDENT ORIENTATION, ACADEMICS AND RESOURCES



Campus Recreation

- Memberships as low \$17 for parents
- Intramurals & Sport Clubs
- Group Fitness
- Fitness Consultations
- Personal Training
- Base Camp (Challenge Course/Outdoor Adventure
- Certification Trainings
- Extensive Hours
- Progressive Employment
- Locations in Davie, Boca & Jupiter

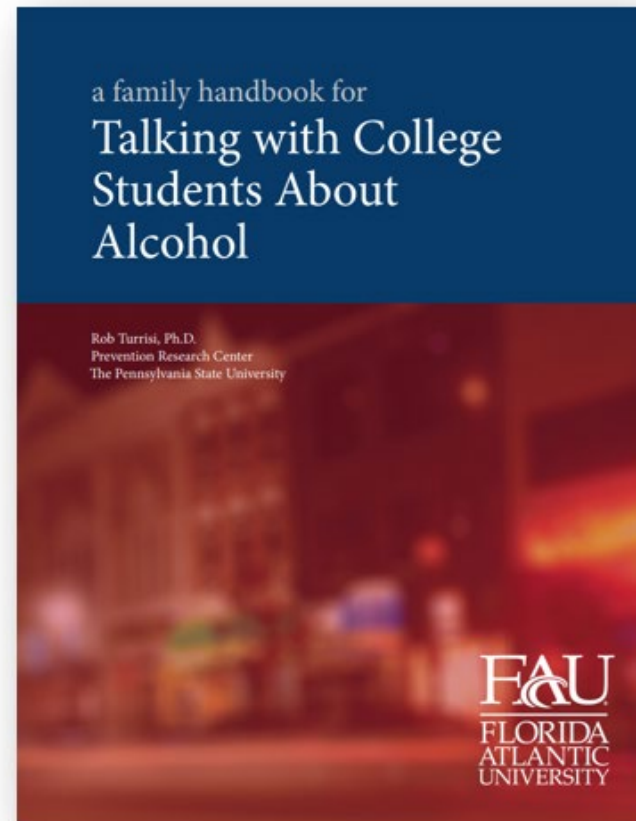
www.fau.edu/campusrec

Owls Care Health Promotion

- Sexual Assault Prevention
- AlcoholEdu
- Diversity, Inclusion, and Belonging
- De-Stress Success
- Hazing Prevention
- Free Self-care resources
- Workshops
- Discussion Hours



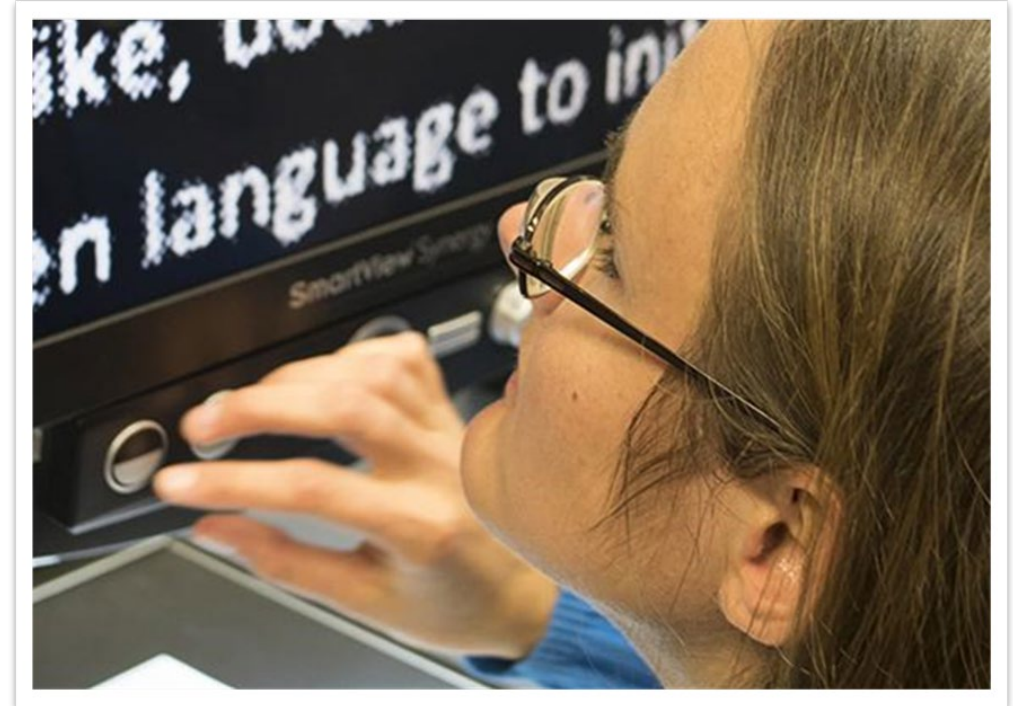
For families...





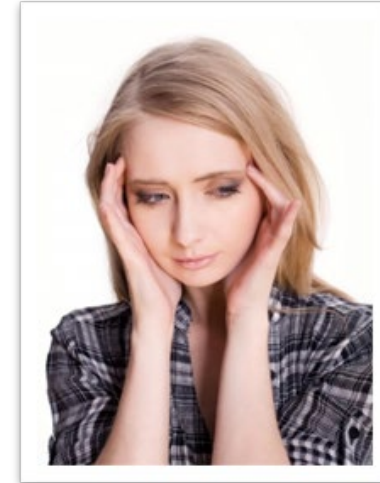
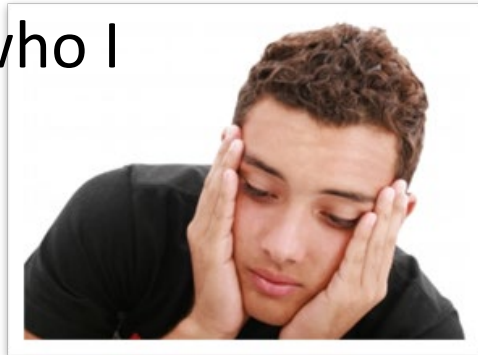
Student Accessibility Services

- Academic Accommodations
- Accessible Material
- Advocacy
- Assistive Technology
- Faculty Notification
- Online Services
- Scholarships
- Study Strategy Instruction




If You Are Thinking,

- What is wrong with me?
- I'll never succeed
- No one likes me
- I can't tell anyone how I feel
- I'm disappointing everyone
- I don't know who I am anymore



- I'm lonely
- I give up
- I wish I could escape
- I can't make it
- I have no friends
- I'm drowning
- I feel overwhelmed
- Nobody understands me

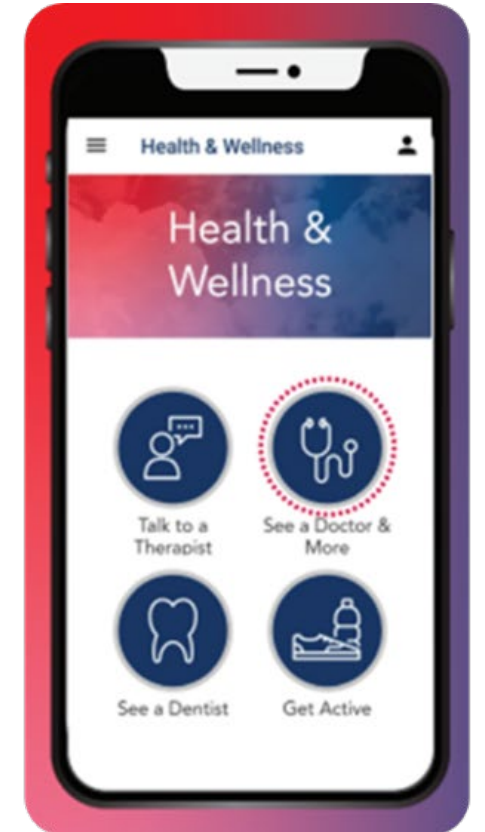




You are not alone...

- Changes are challenging for everyone.
- Meaningful connections take time.
- Don't delay getting help for physical, emotional or academic challenges.
- Avoidance undermines success.

MyFAU – The online portal for the FAU Community



Connect with us



- Counseling and Psychological Services (fau_caps)
- FAU Owls Care Health Promotion (@fauowlscore)
- Campus Recreation (@faucampusrec)
- Student Health Services (@FAUStudenthealth)



FIRST-YEAR **SOAR**
STUDENT ORIENTATION, ACADEMICS AND RESOURCES



Health and Wellness Contact Us

- Campus Recreation
- 561-297-2421
- Counseling & Psychological Services (CAPS)
- 561-297- CAPS (2277)
- Owls Care Health Promotion(OCHP)
- 561-297-1048
- Student Accessibility Services (SAS)
- 561-297-3880
- Student Health Services (SHS)
- 561-297-3512

