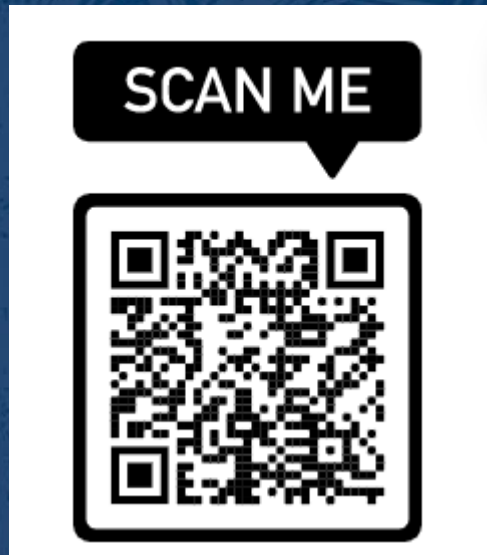


Live Captioning



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Health and Wellness

- Campus Recreation & Fitness Center
- Counseling & Psychological Services (CAPS)
- Owls Care Health Promotion (OCHP) & Women & Gender Equity Resource Center (WGERC)
- Student Accessibility Services (SAS)
- Student Health Services (SHS)



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Owls Care Health Promotion

Women & Gender Equity Resource Center

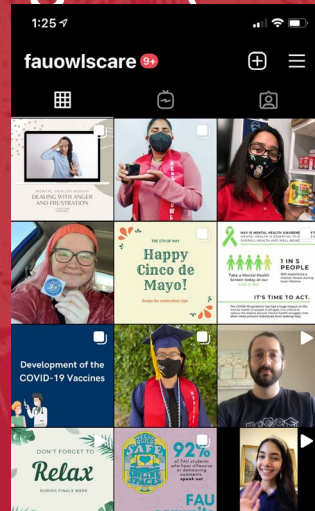
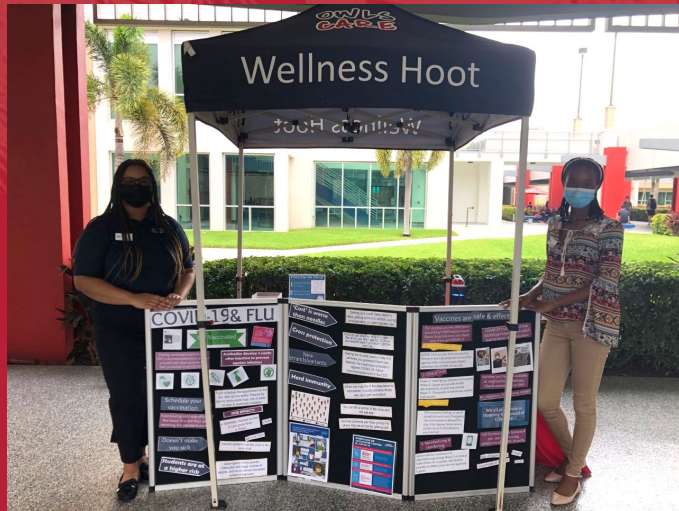
- Empowering students to be healthy, responsible, & successful.
- Advancing gender equity.
- Promoting a safe and inclusive environment.
- Educating the campus community.



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Top Academic Impediments (NCHA)

- Mental and emotional problems (20%)
- Financial challenges (20%)
- Lack of motivation (17%)
- Academic challenges (16%)



Stress Management
“Wellness Hoots!”

Wellness
Resources!

Tips via Instagram
[@fauowlscare](https://www.instagram.com/fauowlscare)



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Wellness Hoots, Gender Hoots, & Free Resources!



FIT First-Year

- Sexual Assault Prevention
- AlcoholEdu
- Kognito Mental Health Training
- Diversity Equity and Inclusion
- Hazing Prevention



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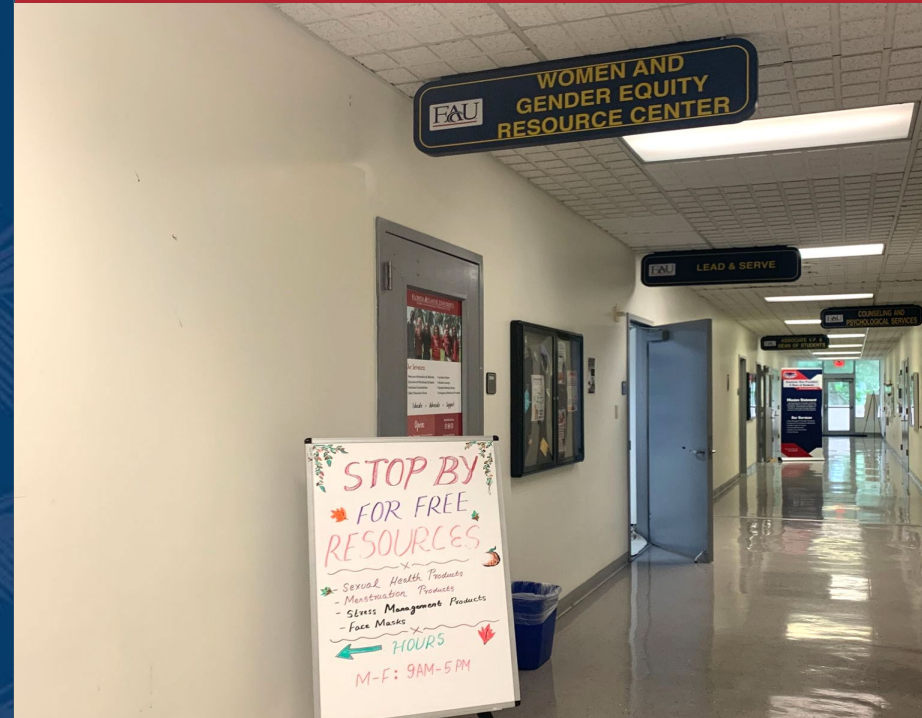


OCHP



**Schmidt Family Complex for Academic
& Athletic Excellence- Suite 158A**

WGERC



**Building SS-8, Room 224A
2nd floor of the Breezeway above the food court**



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Counseling & Psychological Services (CAPS)

Confidential Services



- Individual counseling
- Group counseling
- Relationship counseling
- Crisis management
- Consultations and workshops
- Online and live suicide awareness trainings
- After-hours assistance
- Mental health screenings



www.fau.edu/counseling



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TAO

- Virtual therapy assistance.
- Online tools to help you conquer:
 - Day-to-day struggles
 - General stressors like anxiety and depression
 - Specific troubles like relationships and addiction.
- Therapist-assisted and self-help options available!

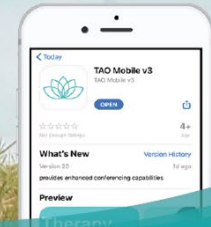
Free Your Mind.

Try tools for deep breathing, muscle relaxation, mindfulness & more.



taoconnect.org/trytao
Download the app.

Professional Self-Help
in Your Pocket.
#TryTAO

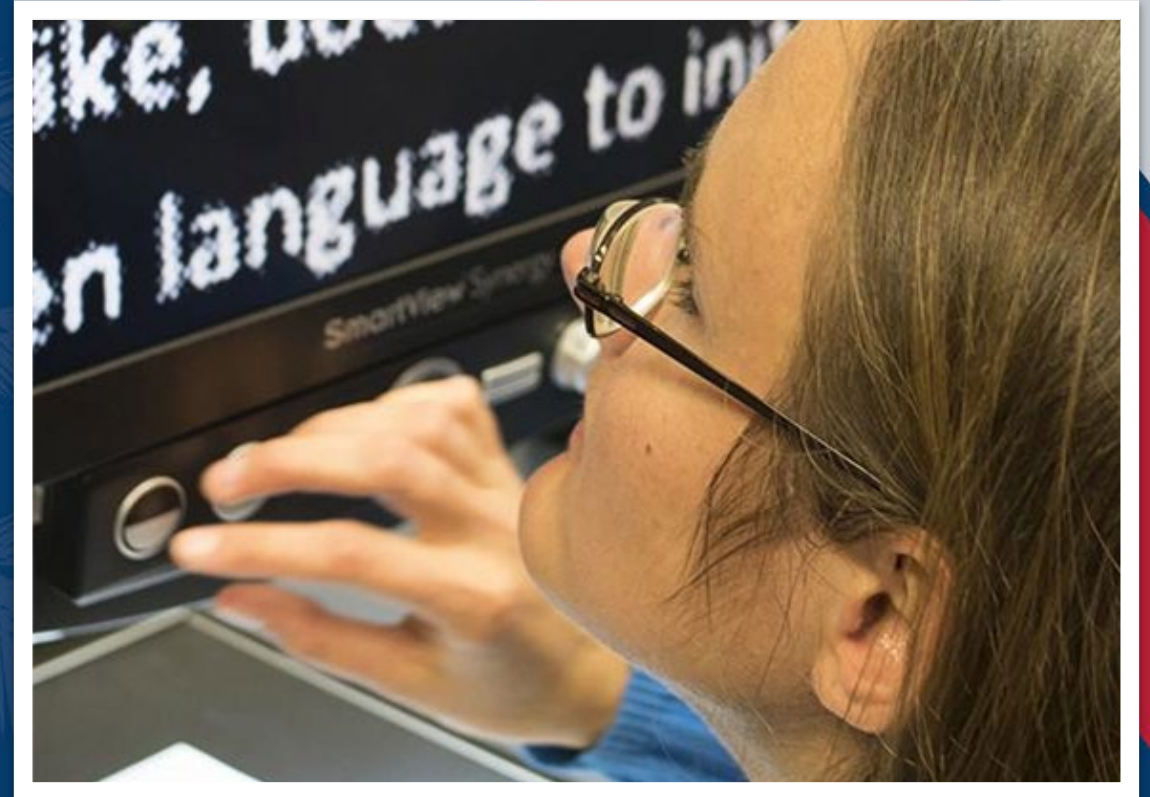


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Student Accessibility Services (SAS)

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



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SAS Volunteering Opportunities

- Notetaker: Take lecture notes for hearing impaired, physical impaired, or learning disabled students.
- Reach out for other volunteer opportunities.
- Hours are recorded on your college transcript!

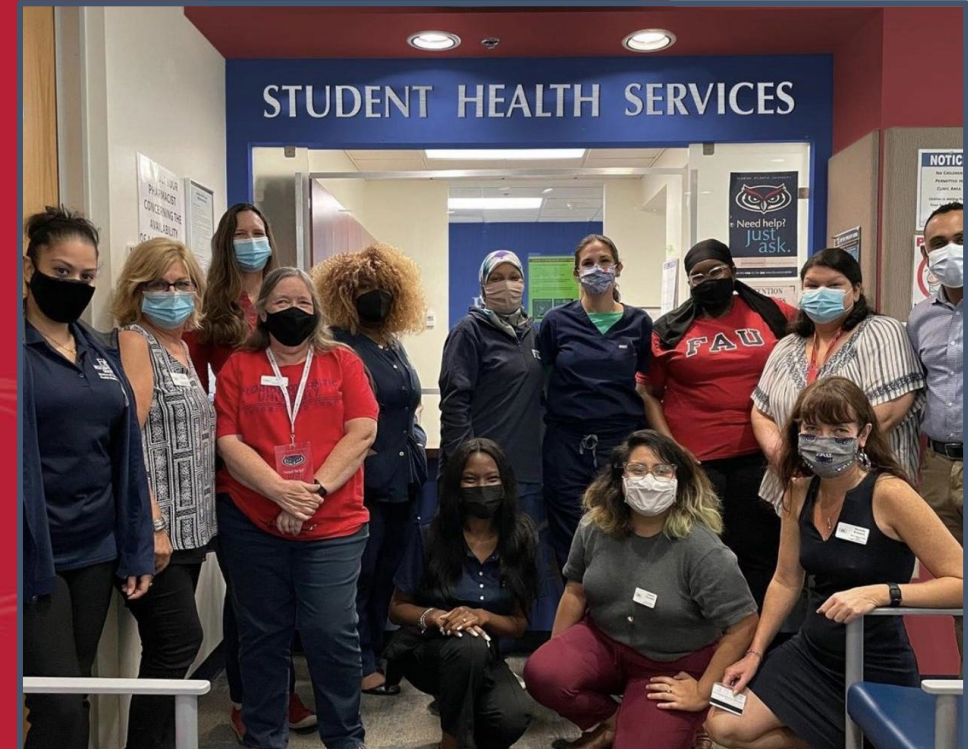
Website: www.fau.edu/sas/



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Student Health Services (SHS)

- Services:
 - Primary and acute care
 - Women's Health
 - Nutrition
 - Dental
 - Psychiatry
- Free COVID-19 visits, tests, and flu shots
- Confidential Care: HIPAA Compliant FERPA Releases Not Applicable
- **Cost:** Charges apply (*listed on the website*)



Website:

<https://www.fau.edu/shs/>



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Campus Recreation & Fitness Center

- Group fitness classes
- Fitness on Demand
- Personal training
- Club sports
- Intramural sports
- Adventure trips and Challenge Course



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Connect with us

Websites

- **Campus Recreation** - fau.edu/campusrec/
- **CAPS** – fau.edu/counseling/
- **Owls Care** – fau.edu/owlscare/
- **Student Accessibility Services** – fau.edu/sas/
- **Student Health Services** – fau.edu/shs/



@faucampusrec

@fau_caps

@fauowlscare

@faustudenthealth



FAU Campus Recreation

FAU Counseling and Psychological Services

FAU Owls Care Health Promotion

FAU Student Accessibility Services

FAU Student Health Services



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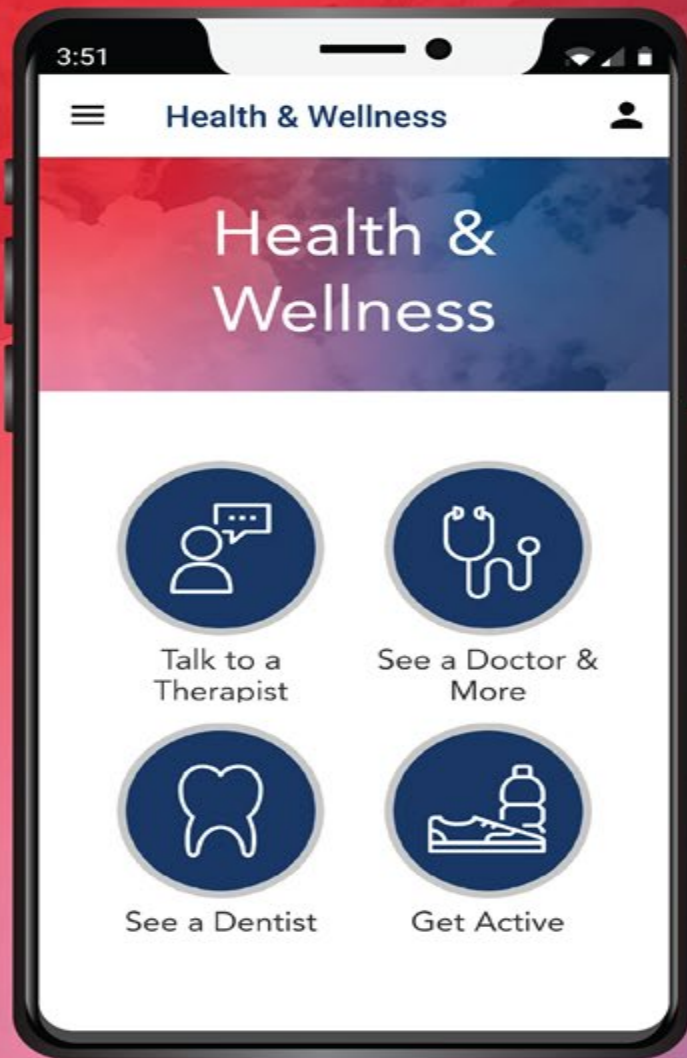
Health and Wellness

Contact Us

- Campus Recreation & Fitness Center
 - 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



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MYFAU

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Find your way with interactive maps to help locate menstrual products, sexual health supplies, and more! Find all your FAU wellness services in one place.



**Download the MYFAU app from
Apple Store or Google Play Store**

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