



FIRST-YEAR SOAR

STUDENT ORIENTATION, ACADEMICS AND RESOURCES

FLORIDA ATLANTIC UNIVERSITY

Health and Wellness

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



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Top Academic Impediments (NCHA)

- Procrastination (45.1%)
- Stress (40.9%)
- Anxiety (32.1%)
- Chronic medical conditions (25.8%)
- Depression (25.1%)



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Academic Impairment due to Emotional/Mental Difficulties (HMS)

- 21% None
- 26% 1-2 days
- 25% 3-5 days
- 28% 6 or more days



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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



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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)



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Counseling & Psychological Services (CAPS)

Confidential Services



- Individual counseling
- Group counseling
- Relationship counseling
- Crisis management
- Consultations
- Workshops
- Online and live suicide awareness trainings
- After-hours assistance
- Mental Health Screenings



• www.fau.edu/counseling



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Owls Care Health Promotion

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



WORK & PLAY
SMART AT FAU



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Student Accessibility Services


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




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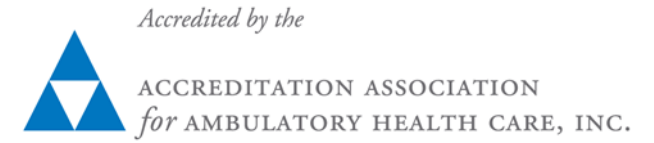
Student Health Services

 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 Visits and 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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Food For Thought

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



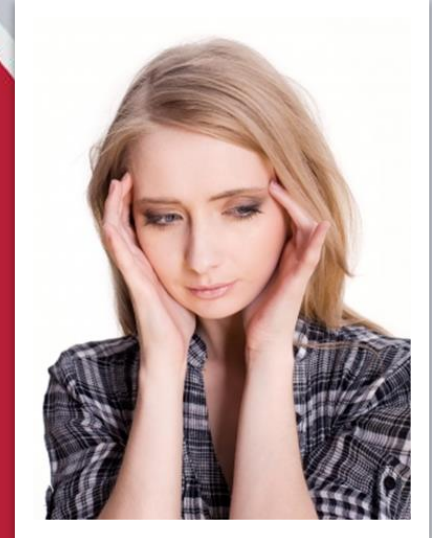
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If You Are Thinking,

- 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



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Health & Wellness



Talk to a Therapist



See a Doctor &
more



See a Dentist



Get Active



Balanced Eating



Sexual Health



Health Equity &
Advocacy

https://myfau.fau.edu/signed_in/health

Health & Wellness Requests ▲

Wellness Resource Order Form

Request **FREE** health and wellness supplies, including: stress balls, sleep masks, ear plugs, biodots, condoms, lubricant, and menstrual products.



Interactive Workshops

The Owls Care interactive workshop series strives to empower students with the knowledge and skills they need to be healthy and successful.



Co-Sponsorship Requests

Owls Care Health Promotion values the opportunity to support programs sponsored by our student groups at FAU.



More Health & Wellness Resources ▼

Connect with us



- https://www.instagram.com/fau_caps/
- [FAU Owls Care Health Promotion \(@fauowlscore\)](https://www.instagram.com/fauowlscore) • Instagram photos and videos
- <https://www.instagram.com/FAUStudenthealth/>



- <https://www.facebook.com/FAUCAPS/>
- [\(14\) FAU Student Health Services | Facebook](https://www.facebook.com/14FAUStudentHealthServices)
- [\(14\) FAU Owls Care Health Promotion | Facebook](https://www.facebook.com/14FAUOwlsCareHealthPromotion)
- [FAU Student Accessibility Services \(facebook.com\)](https://www.facebook.com/FAUStudentAccessibilityServices)

Website

[FAU – CAPS](#)

[FAU - Owls Care](#)

[FAU - Accessibility Services](#)

[FAU - Student Health Services](#)



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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



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