

HEALTH PROMOTION AND WELLNESS

Health Services

DePaul Student Health Services are offered through Ascension Medical Group. The DePaul Student Health Center is available for use only by students living in DePaul University Housing. A mandatory fee to access the center is included in a student's housing bill. Student Health Service is NOT health insurance; you may need additional coverage. Additional information is available from the Office of Health Promotion and Wellness (<https://offices.depaul.edu/student-affairs/support-services/health-wellness/health-resources/Pages/health-services.aspx>).

Health Promotion and Wellness

Health Promotion & Wellness (HPW) provides holistic education, support, and resources for individuals to create and sustain long-term, healthy behaviors.

Alcohol and Substance Misuse Prevention

Alcohol and Substance Misuse Prevention at DePaul University stems from a harm-reduction approach, which encourages healthy choices and responsible decision-making regarding the use of alcohol, tobacco, and other drugs. Students are also asked to consider their own safety and the safety of the community in relation to alcohol and substance use. HPW recognizes that students may be choosing to live substance-free, practicing harm reduction, or in recovery. The office offers various programs and presentations throughout the year, while also providing support to those in recovery or experiencing any issues related to substance misuse. Students can engage in individual support, group workshops, and/or the Collegiate Recovery Community.

Sexual and Relationship Violence Prevention

Sexual and Relationship Violence (SRV) Prevention at DePaul University is guided by a trauma-informed framework to address the impacts of trauma on campus community members. This practice is a strengths-based framework grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for everyone, and that creates opportunities for survivors to rebuild a sense of control and empowerment. SRV prevention at DePaul University includes providing opportunities for the community to engage in bystander intervention training, educational opportunities to learn more about trauma-informed framework, healthy relationship education and Survivor Support Advocacy.

Holistic Wellness Development

Holistic Wellness Development at DePaul University is guided by a holistic approach to mental health and wellness. This includes recognizing that our health and wellness is more than just the absence of disease and more than just physical and mental health. It means that all of our facets of wellness (social, emotional, intellectual, environmental, financial, physical and spiritual) are equally important. When we neglect one facet, we can see the imbalance and its effect on all of our other facets of wellness. HPW offers workshops, educational opportunities, resources and individual wellness coaching to help students prioritize

themselves and care for themselves in a holistic and comprehensive method.

Office of Health Promotion and Wellness
Lincoln Park Student Center, Suite 302
2250 N. Sheffield Ave.
773-325-7129
hpw@depaul.edu

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Co-Curricular Learning Outcomes

As a result of participating in **Health Promotion and Wellness** programs, students will be able to:

- Develop decision-making skills related to their personal health and community well-being.
- Utilize on and off-campus resources related to their well-being and the well-being of others.
- Demonstrate reflective thinking about the impact of their choices on themselves and others.
- Articulate the relationship between societal norms and their perception of their personal health and community well-being