HEALTH PROMOTION AND WELLNESS

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

Survivor Support Advocates
The Survivor Support Advocates within HPW provide confidential and holistic support to survivors of sexual violence, relationship violence and stalking. The Advocates provide emotional care; information about counseling, medical resources, reporting processes, academic accommodations and safety planning; and referrals and help with navigating appropriate on- and off-campus resources.

Alcohol and Substance Abuse Prevention
Alcohol and Substance Abuse 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. 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.

Health Education
Health Education includes providing resources, events, trainings, workshops and presentations on various health related topics. These topics include: sexual health, sexual violence, relationship violence, stalking, healthy relationships, alcohol and drug abuse prevention, mental health, stress, nutrition, meal planning, physical activity and more.

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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.