

# Health and Well-being at DU:

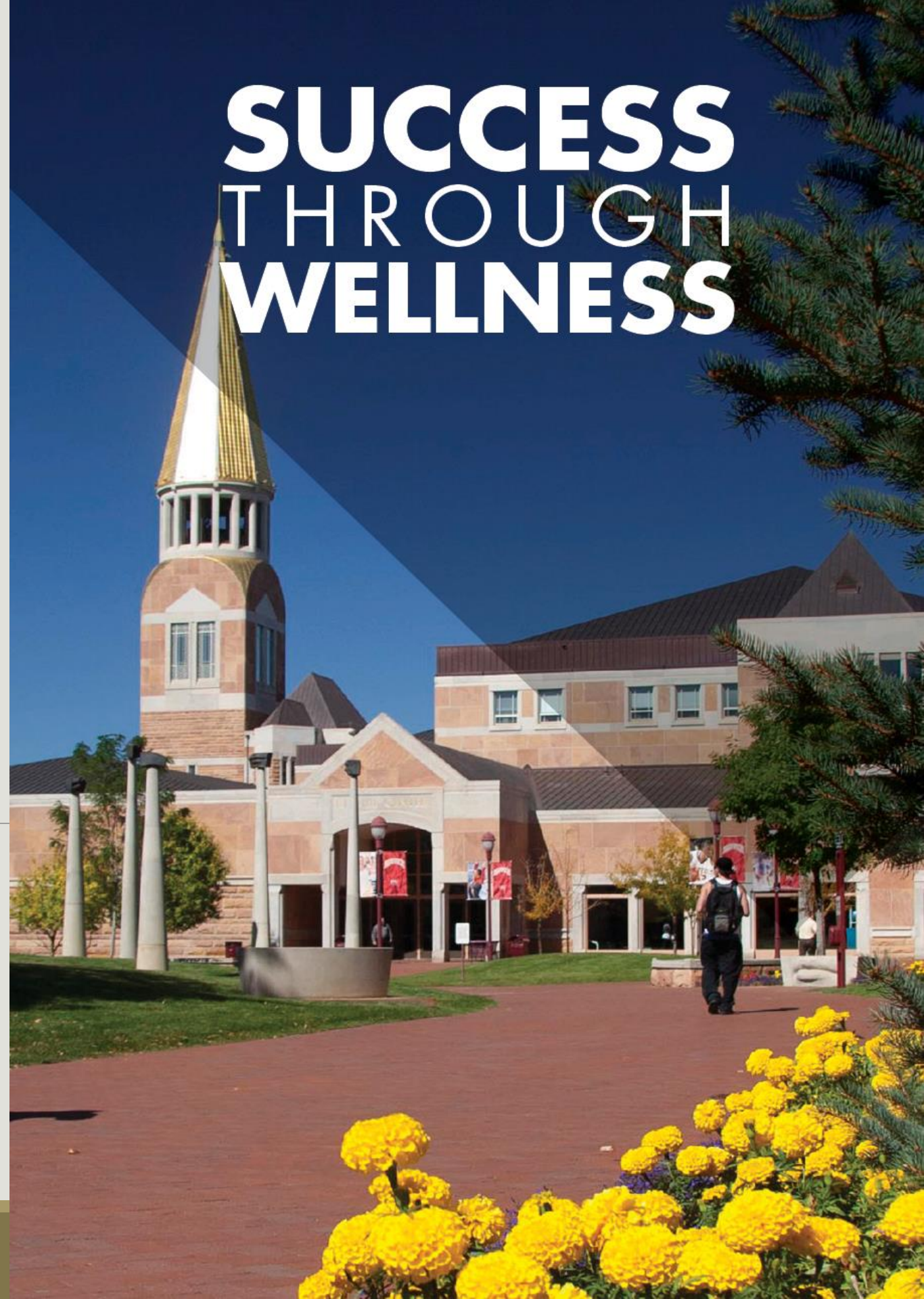
## Health & Counseling Center Overview & Resources

Family Weekend  
2024



**Health & Counseling Center**  
UNIVERSITY OF DENVER

# SUCCESS THROUGH WELLNESS





# Agenda

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- Overview of the Health & Counseling Center (HCC)
  - *Hours, Locations, How to Make an Appointment*
- Departments & Services
- Wellbeing: Dimensions and Resources
- Tips to Support Your Student's Wellbeing
- HCC Contact Information



# Our Mission

- Provide exceptional, inclusive, integrated health care
  - Promote student success and wellness through education, advocacy and outreach to the University of Denver community
  - Strive to provide culturally competent clinical services, medical treatment, outreach programming, advocacy and training opportunities
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# Departments of the (HCC)

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# THE HCC IS OPEN DURING THE FOLLOWING DAYS AND TIMES:

- *Monday 8am – 5pm*
- *Tuesday 9am – 5pm*
- *Wednesday 8am – 7pm*
- *Thursday 8am – 7pm*
- *Friday 8am – 5pm*
- *Closed Saturday & Sunday*



# When the HCC is Closed

Call the HCC to speak with an on-call medical provider or on-call counselor:

303-871-2205

## **Additional Options:**

Urgent care or Emergency room

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*Care Now Urgent Care  
1405 E Evans Ave Denver, CO 80210  
720-449-8050*

## RITCHIE CENTER

*Inside the Ritchie Center  
(North Side, 3rd Floor)*

Medical Services  
Counseling Services

## CRC

*1931 S. York St.  
(Between Jewell Ave & Asbury Ave)*

CRC (Collegiate Recovery Community)  
Recovery Services & Support

## ASBURY

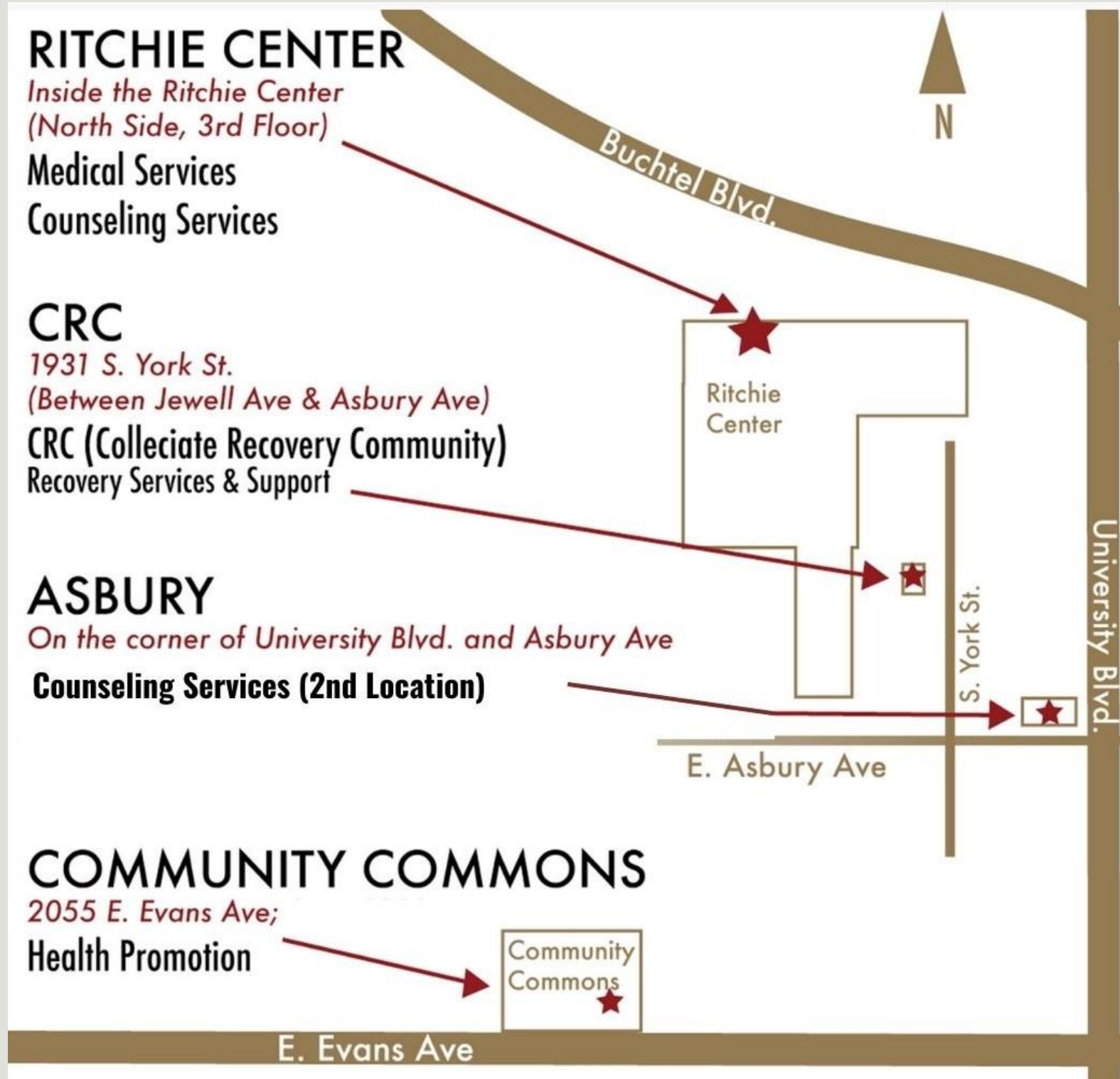
*On the corner of University Blvd. and Asbury Ave*

Counseling Services (2nd Location)

## COMMUNITY COMMONS

*2055 E. Evans Ave;*

Health Promotion



HCC  
Locations

[www.du.edu/hcc](http://www.du.edu/hcc)



**Health & Counseling Center**

Medical  
Services

Counseling  
Services

Insurance  
& Fees

Health  
Promotion

Survivor  
Advocacy

Collegiate  
Recovery

About  
Us



**Health & Counseling Center**



To schedule an appointment visit:  
[www.du.edu/hcc](http://www.du.edu/hcc)



Health & Counseling Center

Medical Services

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Collegiate Recovery

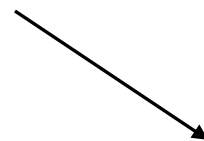
About Us



The University of Denver Health & Counseling Center is your on-campus integrated health and counseling facility providing quality physical and mental health care services to all actively enrolled DU students other than those in completely online programs.

This is *not* a self-service website or mere set of services — you don't have to do everything on your own! We encourage you to reach out to us for inclusive physical and mental health care, preventative care, health education, advocacy, and recovery support services. We are committed to care of body and mind, helping students to succeed in college and life.

Click on “My Health” to make an appointment





## Medical Services

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- Comprehensive integrated primary care for acute and chronic medical conditions
- Same-day access/nurse triage
- Specialists: Psychiatry on-site, referrals to community providers
- Diagnostic tests/Laboratory
- Travel Health/Sexual Health/Eating Disorder Care
- Gender-Affirming Care
- Immunizations - FREE
  - COVID-19
  - Flu





# Counseling Services

- Individual and Couples Counseling
- Psychiatric evaluation and medications
- Stress, Depression, Anxiety
- Drug or alcohol abuse
- Crisis intervention
- Group therapy & workshops:
  - *Understanding self & others*
  - *Students of color support & empowerment group*
  - *Fear-less: Anxiety Management Group*
  - *Koru Mindfulness/Meditation*
  - *Athlete Injury Recovery Excellence*
  - *and more*



# Center for Advocacy, Prevention, & Empowerment (CAPE)

- Free and confidential
- Advocacy supports for survivors of sexual assault, relationship violence, stalking, and harassment
- Email [cape@du.edu](mailto:cape@du.edu) for more information or to schedule an appointment



Safe Housing



Academic Supports



Financial Resources



SANE or Medical Care



Legal Resources &  
Court Accompaniment



Reporting to Police/Title IX



# Collegiate Recovery Program



## THE COLLEGIATE RECOVERY COMMUNITY:

We are a welcoming community where you can meet other students, find sobriety-friendly social events, attend support meetings, receive guidance from professional staff and find referrals for other resources on and off campus.

## BENEFITS:

-  Community lounge, study and social network
-  Alcohol and Drug free social events
-  Sober housing option
-  Support meetings
-  Peer mentoring and orientation programs
-  Educational seminars and events

COMMUNITY

SOBRIETY

RECOVERY

# Health Promotion

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Health Promotion is “the process of enabling people to increase control over, and to improve their health” through prevention education, skill building, and sociocultural change (*World Health Organization*).

## **DU Health Promotion Focus areas:**

- Alcohol and other drugs education
- Mental health and suicide prevention
- Interpersonal violence prevention
- Sexual health
- Masculinities Engagement
- Peer Education





# Health Promotion

## **We regularly offer and provide:**

- Trainings, workshops, and events
- Bystander Intervention training
- Education through engagement & skill-building
- Harm reduction resources (safer sex supplies, Narcan)
- Awareness months/campaigns (mental health, sexual assault, college alcohol awareness, etc.)

## **New Additions in 2023-2024:**

Mental Health First Aid training certifications

DU Masculinities Project: 6-week workshop series

Mobile cart to reach students out on campus

Pre-departure study abroad health & well-being workshops

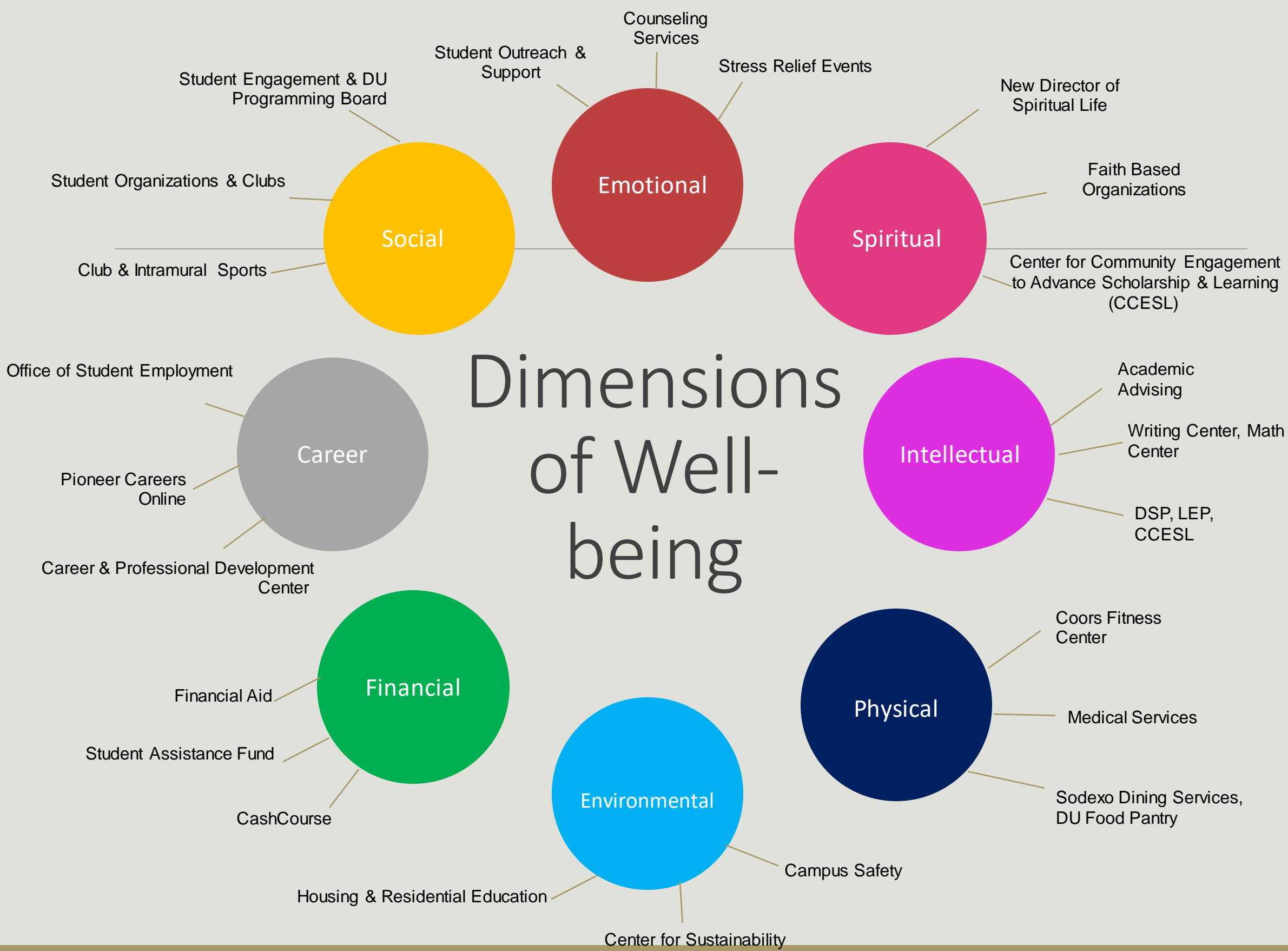
Nutrition & Well-being Workshops

Collaborations with Athletics & Fraternity/Sorority Chapters





# Dimensions of Well-being



# Tips to Support Your Student's Wellbeing

Connection	Stay in touch – keep lines of communication open
Validate	Validate your student's experience
Show support	Let your student know you support them – even if they "fail"
Listen	Remember your role isn't always to fix the problem, but to sometimes simply empathize and listen
Encourage	Encourage healthy habits <ul style="list-style-type: none"><li>• Avoid lecturing, but use curiosity to inquire about how they feel when they xyz (connect self-care with emotional stability)</li></ul>
Remind	Remind them of DU programs and services available to them



# Contact Us

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Health and Counseling Center (HCC)

[Insurance@hcc.du.edu](mailto:Insurance@hcc.du.edu)

[Info@hcc.du.edu](mailto:Info@hcc.du.edu)

Health Promotion (HP/Thrive)

[hcc.thrive@du.edu](mailto:hcc.thrive@du.edu) and Instagram: @ThriveAtDU

Collegiate Recovery Program (CRP)

[recovery@du.edu](mailto:recovery@du.edu)

Center for Advocacy, Prevention, and Empowerment (C.A.P.E.)

[cape@du.edu](mailto:cape@du.edu)