

# Health and Wellness Student Resources

The resources below will help you navigate your unique health and wellness journey. Learn more and connect with the Barnes Center at The Arch health and wellness team by visiting [syracuse.edu/BeWell](https://syracuse.edu/BeWell) or by calling 315.443.8000.

## Connection/Loneliness

From arriving to a new college environment to life's transitions, you may at times feel disconnected. The following resources can help you meet new people and build connections.

- 'Cuse Activities (Registered Student Organizations)
- Barnes Center at The Arch Peer Educator Opportunities
- Be Involved Checklist (Create Student Experiences)
- Club and Intramural Sports
- Esports (Designated Gaming Room, Virtual Events)
- Group Fitness Classes
- Understanding Yourself and Others Therapy Group
- The Daring Way™ Therapy Group
- Orange After Dark (Late Night Programs)
- Outdoor Adventure Trips (Hiking, Snowshoeing, Apple Picking, More)
- SoulSearch (Free Day Retreats)
- SoulTalk (Purpose/Meaning Weekly Discussions)
- Syracuse University Community Calendar (All Events)
- Tenuity Ice Skating Pavilion

## Marginalization

Experiences of marginalization related to identity can have a significant negative impact on health and wellness. The following resources can help you explore identity and build community.

- Black, Indigenous, People of Color (BIPOC): Releasing the Invisible Weight Therapy Group
- Center for International Services
- Gender and Sexuality Affirmative Therapy Group
- Intercultural Collective (Disability Cultural Center, LGBTQ Resource Center, Office of Multicultural Affairs)
- Office of Diversity and Inclusion
- Recreation Programs (Celebrations and heritage months specific to climbing, esports, intramurals and fitness.)
- SoulSearch (Free Day Retreats)
- SoulTalk (Purpose/Meaning Weekly Discussions)
- STOP Bias (Recognizing, Reporting and Preventing Bias-related Incidents)
- Wellness Leadership Institute Workshops (CARE Speaks, COVID-19 and the International Student Experience, LGBTQ+ 101, Managing Bias)

## Physical Wellness, Health Care

As you establish routines and habits in a college environment, physical wellness can sometimes be overlooked. The following resources can help you learn new practices and maintain good health.

- 'Cuse Fit Chats (Free personalized video meetings.)
- Gender Services (Gender Affirming Care, Initiation of Gender Affirming Hormones and More)
- Health Care (Health Maintenance, Immunizations, Primary Care and More)
- Nutrition Counseling
- Personal Training
- Pharmacy and Retail Space (In-Person, Virtual)
- Safer Sex Express (Free Sexual Health Supplies Ordering, Delivery and Pick-up)
- Student Health Insurance Plan
- Wellness Leadership Institute Workshops (Budget Friendly Meals, Intro to Recreation, Nutrition Myth Busters, Sports and Fitness Nutrition, Time Management and Sleep)

## Sexual and Relationship Violence

The Sexual and Relationship Violence Response Team is available 24 hours a day, 365 days a year for students seeking support, advocacy and discussion of reporting options for sexual assault, relationship violence, stalking and harassment by calling 315.443.8000. This is a free and confidential service.

For 24/7, confidential support off campus through counseling, advocacy and providing shelter, students can contact Vera House at 315.468.3260. Students can also learn more about sexual and relationship violence prevention and education through the following resources.

- Equal Opportunity, Inclusion and Resolution Services Title IX Coordinator (To report sexual or relationship violence, please email TitleIX@syr.edu.)
- Barnes Center at The Arch Health Promotion Staff
- Barnes Center at The Arch Peer Educators
- Wellness Leadership Institute Workshops (Bystander Intervention 101, Sexual Consent Education: Pizza is like Sex, Relationships and “Situationships”)

## Stressed/Overwhelmed

Between balancing academic, professional and personal responsibilities, you may experience feelings of stress. The following resources can support your stress reduction and management.

- 'Cuse Fit Chats (Free personalized video meetings.)
- Aquatics
- Climbing Wall
- Crowley Family MindSpa (Appointments offer space for meditation and mindfulness.)
- Esports (Designated Gaming Room, Virtual Events)
- Group Fitness Classes
- Health Hubs
- Nutrition Counseling
- Outdoor Education Programs
- Outdoor Adventure Trips (Hiking, Snowshoeing, Apple Picking, More)
- Pet Therapy
- Sanvello Mobile App for Stress, Anxiety and Depression (Meditation Tools, Health Habit Tracking)
- SoulTalk (Purpose/Meaning Weekly Discussions)
- Wellness Leadership Institute Workshops (Destress for Success, Stress Management, Time Management and Sleep)

## Substance Use

While navigating your college experience, you may face challenging decisions involving alcohol and other drugs. The following resources can support your healthy decision-making.

- 21st Birthday Project (Education, Prize Pack)
- Alcohol-free Programming (Orange After Dark)
- Barnes Center at The Arch Peer Educator Opportunities
- Options Alcohol and Other Drugs Workshops
- Options Prevention Group Therapy
- Options Recovery Group Therapy
- Substance Free Living Learning Community
- Wellness Leadership Institute Workshops (Alcohol Safety, Narcan and Opioid Training, Cannabis, Tobacco and Vaping Education)

## Dean of Students Office

As the hub for holistic and integrated student support, the Dean of Students Office team helps students no matter the issue or challenge, and is also a great resource if unsure where to start with a question or concern. Learn more by visiting [ese.syr.edu/dean-of-students](https://ese.syr.edu/dean-of-students) or by calling 315.443.4357.

## 24-Hour Support (315.443.8000)

Syracuse University students experiencing a mental health crisis, seeking support for sexual assault or relationship violence, or needing medical consultation can receive free confidential services 24 hours a day, seven days a week by calling 315.443.8000. Please note, routine consultations should hold until the next business day.

## Wellness Leadership Institute

Supportive of the Barnes Center at The Arch Wellness Wheel, workshops highlight the eight dimensions of wellness, with a core of equity, diversity, accessibility and inclusion. Learn more by visiting [ese.syr.edu/bewell/wellness-leadership-institute](https://ese.syr.edu/bewell/wellness-leadership-institute) and below.

- Over 50 Workshop Topics Available
- Qualified Presenters (Faculty, Staff, Barnes Center at The Arch Peer Educators)
- Flexible Workshop Schedule (In-Person, Virtual Live, Video)
- Faculty may refer/require student participation in workshops.
- Using the Wellness Education Request Form and with advance notice, faculty may request attendance verification and/or workshop videos for classes and groups.
- Students are encouraged to self-register for workshops.
- Faculty and advisors can use the referral function in OrangeSuccess to refer students to the Wellness Leadership Institute. Once complete Barnes Center at The Arch staff will contact the student.