

HEALTH PROMOTION AND WELLNESS



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

go.depaul.edu/HPW



Alcohol and Substance Misuse Prevention and Support

Students may be living substance-free, may be in recovery, or may benefit from a harm reduction approach to their substance use. We aim to encourage healthy choices and responsible decision-making regarding the use of alcohol, tobacco, and other drugs. HPW helps students understand their relationship with substances and also offers Collegiate Recovery Community meetings.

Sexual and Relationship Violence Prevention and Support

Sexual and Relationship Violence (SRV) prevention uses trauma-informed practices to support survivors, promote safety, and develop active bystanders on campus. As Confidential Survivor Support Advocates (SSAs), HPW helps survivors feel empowered and gain access to resources. HPW helps students develop healthy relationships that include physical, psychological, and emotional safety. HPW offers bystander intervention training and other educational opportunities to promote healthy relationships and prevent harm.

Mental Well-being

Mental Well-being is guided by a holistic approach to mental health and wellness. This includes recognizing that all of our facets of wellness (social, emotional, intellectual, environmental, financial, physical and spiritual) are equally important. We offer programs like Refresh Sleep, Wellness Wednesdays, Brain Fuel, Wellness Coaching and many other workshops and programs to support students' holistic well-being.

Health Resources

Health Services are offered through AMITA Sage medical group and is available to all enrolled students for a fee. If you live in a DePaul residence hall, with the exception of the University Center, you are automatically charged the health services fee each quarter. Student Health Service is NOT health insurance; you may need additional coverage. Visit go.depaul.edu/healthservices for more information.

HPW offers many health resources such as HIV and STI testing quarterly on campus. Testing is free, provided by community organizations and available to all DePaul students. Additional information on other health resources is available at go.depaul.edu/healthresources

Professional Trainings

HPW offers many workshops and trainings for staff, faculty and student employees. Those include but are not limited to: Mental Health First Aid, Responsible Employee Training, Trauma Informed Response Training, Opioid Overdose Prevention and Response Training, Motivational Interviewing, and Don't Cancel that Class workshops. Visit our website to schedule a training.