



Across the nation, colleges and universities are looking for ways to support students' mental health as they come back to college in the fall. Most experts anticipate that institutions of higher education will see an increase in students with mental health difficulties, specifically anxiety, depression, substance abuse, and suicidal ideation and behavior. The University of Richmond Health and Well-being Unit team is anticipating an increase in students, and faculty and staff, with mental health difficulties and we are planning accordingly. Our approach is upstream with a focus on education and prevention and the holistic engagement of the entire campus community. We would like to share several of our new initiatives we will be launching this fall.

UR Well represents the University initiative to create a culture of well-being on campus. The Health & Well-being Unit ([Health Promotion](#), [Student Health Center](#), [Counseling and Psychological Services](#), [University Recreation](#), and [Disability Services](#)) provides a holistic and integrated approach to creating a thriving, collaborative campus culture. Key campus partners strengthen the efforts of the Unit by providing UR WELL programs and services that contribute to the culture of well-being.

Mental Health First Aid - Mental Health First Aid is a mental health bystander-training program. The training provides a person the skills needed to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. Mental Health First Aid takes the fear and hesitation out of starting conversations about mental health and substance use problems by improving understanding and providing an action plan that teaches people to safely and responsibly identify and address a potential mental illness or substance use disorder. Visit our website for additional information <https://healthpromotion.richmond.edu/programs-and-resources/mental-health-first-aid.html>

Community Stepped Care - Community Stepped Care educates and empowers the campus community to become a "community of care" wherein an entire campus community becomes a general support structure for the emotional and mental health and well-being of its population. Our goal is to educate members of the campus community to recognize someone in distress, become familiar with campus resources, and be equipped with tools to utilize the stepped model continuum and refer the person to the most appropriate and least intensive step, or level of care. Mental Health First Aid training includes Community Stepped Care training. We have included a brochure that can provide you additional information.

Well-Being Center - The Well-Being Center is the new home for Health Promotion, Student Health, and Counseling and Psychological Services bringing together all campus health care and well-being services. We encourage students, staff, and faculty to visit the facility not only when they are not well, but also when they want to be proactive and be well. Visit our website to learn more about the Well-Being Center's featured amenities <https://wellness.richmond.edu/well-being-center/index.html>

Exercise is Medicine - Regular physical activity is one of the most important things a person can do for their physical and mental health. The Weinstein Center for Recreation is open seven days a week 16 hours a day. Exercise in the fitness center, gym, pool, or attend one of the more than 60 fitness classes offered each week. For something a little more competitive, a student can join an intramural team or one of our 30 different Sport Clubs. Visit our website for additional information <https://recreation.richmond.edu/>

Clinical Care - The Well-Being Center allows Student Health Center (SHC), Counseling and Psychological Services (CAPS), and Health Promotion to increase efficiency and effectiveness through a collaborative approach to prevention and care. An outcome of our recent Health Services Review has increased our clinical capacity in CAPS by 40%, and SHC by 60%. CAPS has added evening hours and is accepting same day appointments, and SHC has expanded their hours.

Tom Roberts
Associate Vice President Health and Well-being