



Health and Wellbeing Unit

Fostering the wellbeing of students by providing collaborative care and support



NEW STUDENT ORIENTATION

- Center for Wellness Promotion
- Counseling and Psychological Services
- Student Health
- University Recreation

We empower and engage the campus community through services, programs, and other opportunities to promote healthy living



Services



- Individual and Group Counseling
- STI/HIV Testing
- Safer Sex Station
- Charlotte Recovery Program
- Primary Medical Clinic
 - Labs/Radiology Services
 - Psychiatric Services
- Nutrition Counseling
- Pharmacy
- Clinical Case Management
- Group Fitness and Open Recreation
- Sport Clubs & Intramurals



Health Education

- Interpersonal Violence Prevention
- Mental Health Education
- Substance Use Prevention and Recovery
- Medical and Emergency
- Sexual Health
- Diet and Nutrition

Events

- Wellbeing Block Party
- Health Fest
- Take Back the Night
- Play Day
- REC Fest
- 49er Gold Rush 5K
- Spring out of Stigma
- Love Your Body Week
- CAPS Carnival
- Green Dot Week



Health Education Leadership and Prevention (H.E.L.P.) Certificate

- Provides students with non-academic credit for participating in national prevention training opportunities on various health and wellbeing issues.
- Students will be awarded a certificate, a microcredential, and an honor cord for graduation.



Student Health

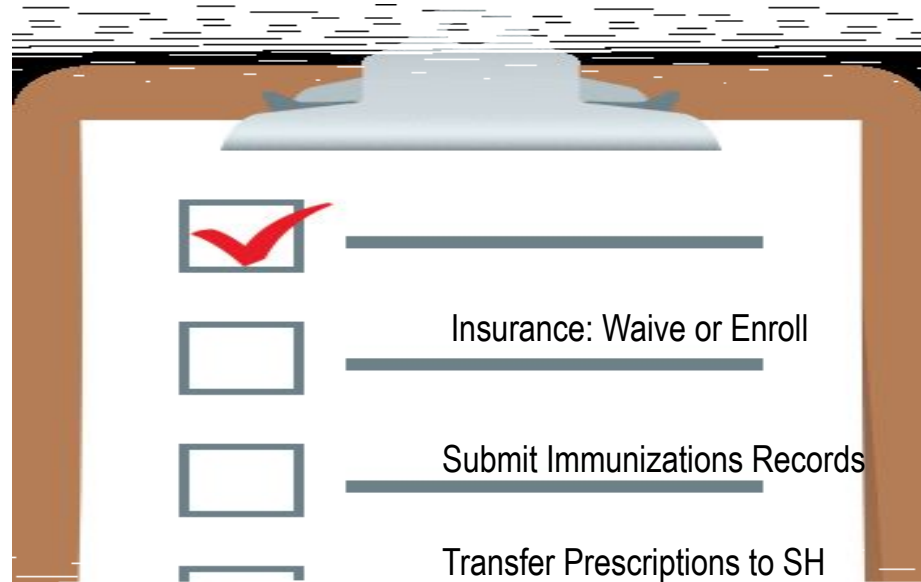
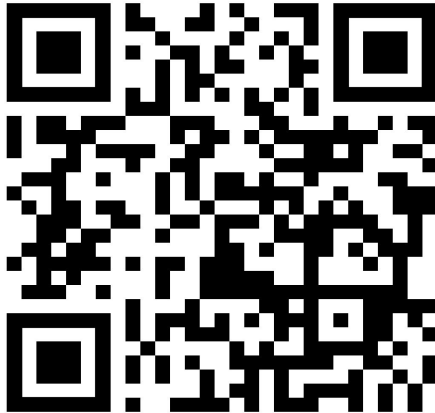
We are here to provide comprehensive primary medical care, disease prevention, health education, and various specialty services to all registered UNC Charlotte students.



- **Pharmacy**
 - Prescriptions
 - Over the Counter Meds
 - Pharmacist Consults
- **Nutrition Services**
 - Nutrition Consults
 - Demonstration Kitchen Events
 - Presentations/Programs
- **Training Opportunities**
 - CPR
 - Stop the Bleed
- **Primary Medical Clinic**
 - Lab/Radiology
- Sports Medicine Clinic
- Sexual Health & STI Screenings
- Psychiatry
- Nursing Services
 - Immunizations
 - Medication administration

Health Checklist: Required Immunizations, Insurance & More

Scan for details:



More information available : studenthealth.charlotte.edu

Counseling and Psychological Services

We are here to support students in taking ownership of their mental health by developing a personalized care plan. We provide services including workshops, groups, outreach, case management, individual counseling, and crisis services.



- **First Step**
 - Initial consultation with CAPS clinician
 - Clinical recommendations provided (e.g., individual counseling, groups, etc.)
- **Workshops & Groups**
 - Clinical workshops addressing mental health needs:
 - Anxiety (generalized & social), ADHD, Depression
 - Stress Management & Coping
 - Therapy & Support Groups
 - Therapeutic & Interpersonal Connection
- **Integrated Care**
 - Coordination of care through campus and community wellbeing resources
 - Provides follow-up for continuity of care

Center for Wellness Promotion

We use a public health model and effective prevention and health promotion strategies to help students make informed decisions about their personal health and wellbeing.

- Substance Misuse Education
- Interpersonal Violence Prevention and Education
- Sexual Health Education and Resources
- Recovery Support
- Suicide Prevention & Mental Health
- Self Care & Stress Management



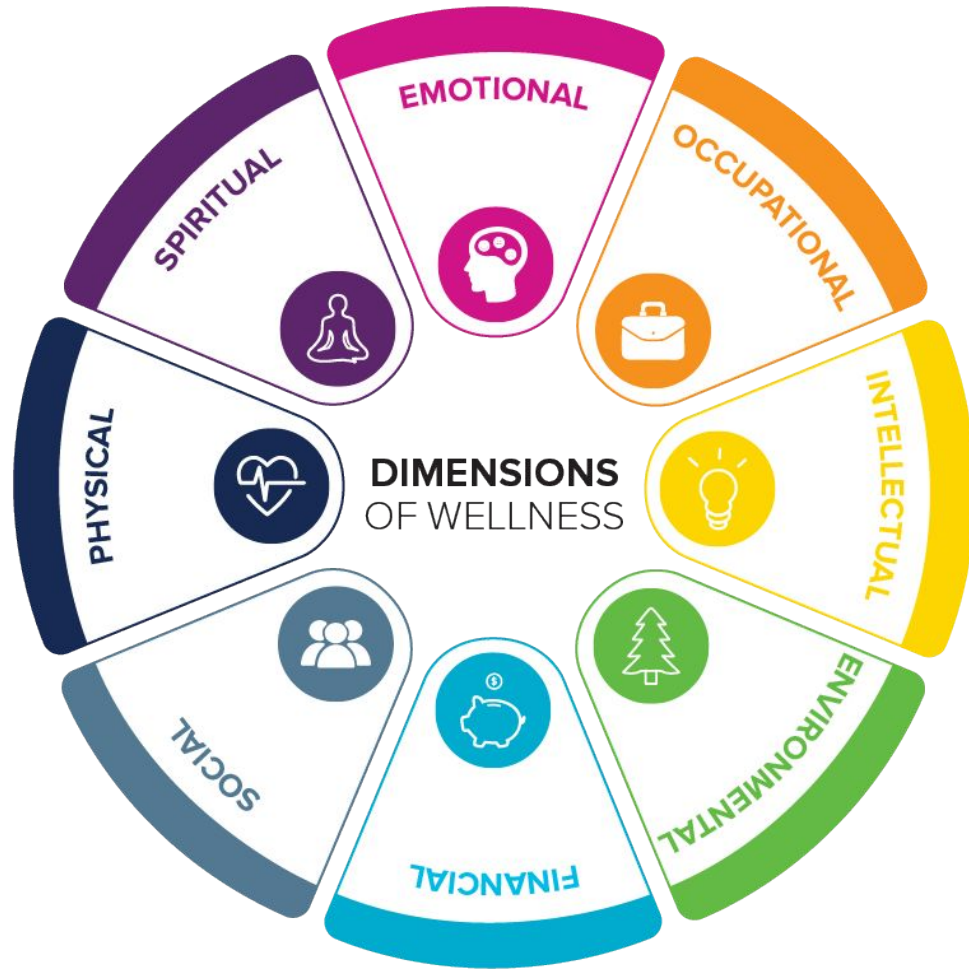
Student Staff Opportunities

University Recreation

Our team develops and implements recreational programs that align with our core values - student development, balance, fun, inclusion, quality, and safety - in order to achieve wellbeing.

- Open Recreation
- Sport Clubs
- Intramural Sports
- Fitness Programs
- Aquatics
- Student Employment & Development
- Events
 - Rec Fest - August 17th
 - Pink Week & Big VB - October
 - Polar Plunge - Jan. 2026
 - 49er Gold Rush 5K - Feb 7th
- Locations
 - UREC
 - Belk Gym
 - Hayes Field Complex
 - Northeast Rec Field Complex
 - Calisthenic Outdoor Recreation Equipment

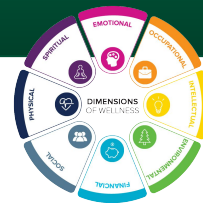




HEALTH & WELLBEING



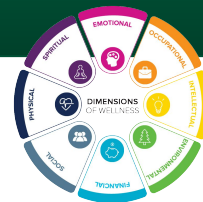
NEW STUDENT
ORIENTATION



Tips for Healthy Niners

- 7-8 hours of sleep is best
- Avoid screen time within a few hours of bed time
- Limit caffeine especially later in the day.
- Attend a cooking demonstration or schedule a nutrition consult with our registered dietitian at Student Health

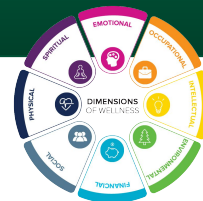




Tips for Healthy Niners

- Get regular physical activity
 - Check out all the clubs, events, and classes at UREC
- Get your annual flu vaccine with Student Health
- Be mindful of your relationship with substances
 - Check out the Center for Wellness Promotion's Charlotte Recovery Program or BASICS sessions





Tips for Healthy Niners




- Connect with new people who have similar interests
 - 400+ student organizations
 - Group fitness classes at UREC
- Develop coping skills to help deal with stressful situations
 - Group and individual counseling options offered by CAPS
 - Mental health workshops offered by CWP






Student Employment Opportunities

- Center for Wellness Promotion
 - Peer Health Educator
 - Applications open at the beginning of the Spring semester
- University Recreation
 - Positions available for lifeguards, instructors, front desk staff, etc
- Student Health
 - CNA positions - No current vacancy. Future positions may be available.
- Counseling and Psychological Services
 - GA
 - Postdoctoral
 - Social work internships (unpaid)




Counseling and Psychological Services

 caps.charlotte.edu
 704-687-0311
 clt_caps




Student Health

 studenthealth.charlotte.edu
 704-687-7400
 cltstudenthc

Center for Wellness Promotion

 wellness.charlotte.edu
 704-687-7407
 clt_cwp

University Recreation

 urec.charlotte.edu
 704-687-1385
 clt_urec



**Healthy 49ers
Wellness App**

**Create your own tailored
self-care routine**