

Welcome Class of 2028!

Dear Fellow Hoo

We're thrilled you're here and a part of our UVA community. Even though this is an adjustment, you belong here. Feeling excited and nervous is normal – we've all been there! Having a positive attitude and being open to new people and experiences can help you through both the highs and lows. Plus, we'll be here in our stall each month with helpful new info and resources.

Wahoowa!

-The Peer Health Educators

Build your UVA Life

Finding yourself in college is a pursuit. We're here to help on your journey!

Foster your Well-Being

College is a new territory. It's common to struggle with mental health issues during this time. There are tons of resources at UVA to help maintain your mental health and well-being.



MINCER'S

The VIRGINIAN

1515

The corner = university ave

The Lawn = Center of Grounds

Resources:

Counseling and Psychological Services (CAPS) offers free and confidential individual or group therapy, psychiatric services, support groups, and referrals: (434) 243-5150

TimelyCare offers **24/7/365**, free, on-demand counseling, mental health support sessions, and interactive well-being tools. There are telehealth offices available in the Student Health and Wellness Building if you're looking for a private, quiet space to engage with a provider. To access free virtual mental health support services within minutes, visit timelycare.com/UVA.

WahooWell offers confidential sessions to explore your strengths, goals, and motivations related to well-being, and identify strategies for successful growth. Visit studenthealth.virginia.edu/wahoowell.

Collegiate Recovery Program: Support network for students in recovery or considering recovery from a substance use disorder. Check it out at: crp.virginia.edu



O-Hill = Dining Hall

HOO KNEW?

4 out of 5 UVA undergraduates would consider seeking help from a mental health professional if experiencing a problem that was bothering them.

*From the February 2024 NCHA with responses from 785 UVA undergraduates.

Clem = Clemons Library



Set your healthy habits

Not everyone drinks in college. Among students who choose to drink, most consume fewer than 5 in an evening, to minimize the risks to themselves and others.

Please call for help in an alcohol or other drug emergency. Here's what to expect:

JPA = Jefferson Park ave
JPA = Basketball Arena



Find your Community

Finding your community takes time. Don't put pressure on yourself to find your best friends in college immediately.

"Everyone around you is looking to find their community too! Don't be afraid to talk to someone new in a class, ask someone to lunch, or explore grounds with your roommates." - E.S. Class of '25

Cultivate your interests

Don't feel forced to overload on credits and cram too many classes into your schedule. It's okay to have free time in college. Get involved with activities that sound interesting rather than ones you feel pressured to join.

Madison House

- Volunteer opportunities to get involved in the Charlottesville community

Student Centers

- Multicultural Student Center (MSC), LGBTQ Center, Latinx Student Center, First Generation Center, Women's Center, Interfaith Student Center
- Find events and CIOs on virginia.presence.io

The Pav = Food court in Newcomb

87% of UVA undergraduates agree that the UVA community looks out for one another.

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HOO KNEW?

INSTAGRAM

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