

WELLNESS CENTER:**HEALTHY CAMPUS INITIATIVES**

Helping you take ownership of your health and well-being.

HELPFUL TIPS



CONTACT INFORMATION

HCI FALL HOURS BEGINNING 8/31/20

MONDAY-THURSDAY 8:30-4:30

FRIDAY: 8:00AM-4:00PM

TELEPHONE: 856-256-4333

EMAIL: HCI@ROWAN.EDU

IF YOU ARE IN CRISIS AFTER HOURS, PLEASE CALL THE WELLNESS CENTER AND **PUSH OPTION 3** TO SPEAK TO THE ON-CALL COUNSELOR.

IF YOU ARE IN IMMEDIATE DANGER, PLEASE CALL PUBLIC SAFETY: 856-256-49111

WHAT IS HEALTHY CAMPUS INITIATIVES?

HEALTHY CAMPUS INITIATIVES (HCI) IS A HEALTH PROMOTION DEPARTMENT AT ROWAN UNIVERSITY. WE DO EDUCATIONAL PROGRAMS IN SEVERAL AREAS: MENTAL HEALTH, SEXUAL HEALTH, SEXUAL VIOLENCE PREVENTION, SUBSTANCE ABUSE EDUCATION, AND SUICIDE PREVENTION. WE HAVE NUMEROUS UNDERGRADUATE AND GRADUATE INTERNS WHO WERE SELECTED THROUGH A COMPETITIVE INTERVIEW PROCESS THAT PLAN MANY EVENTS FOR STUDENTS TO ATTEND. INTERNS ARE ABLE TO RECEIVE ACADEMIC CREDIT.

OUR PEER EDUCATION PROGRAM ALLOWS MORE STUDENTS TO BE INVOLVED IN HCI. THEY FOCUS THEIR PROGRAMMING AROUND THE ROWAN THRIVE MODEL FOR A BROAD VIEW OF WELL-BEING.

ALL HCI PROGRAMS ARE OPEN TO ALL ROWAN STUDENTS! WE CAN'T WAIT TO MEET YOU!

ADDITIONAL RESOURCES

WELLNESS CENTER/HCI PROFLINK

NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-8255

LGBTQIA+ THE TREVOR PROJECT 1-866-488-7386

THERAPY ASSISTANCE ONLINE

NATIONAL CRISIS TEXT LINE: TEXT **HOME** TO **741741** TO CONNECT WITH A CRISIS COUNSELOR

ROWAN THRIVE WELL-BEING INITIATIVE

HOW DO I GET INVOLVED WITH HCI?

HCI OFFERS INTERNSHIPS AND HAS A GREAT PEER EDUCATION PROGRAM. EACH GROUP HAS WAYS FOR STUDENTS TO TEACH OTHERS ABOUT TOPICS IN WELL-BEING. INTERNS COMPLETE AN INTERVIEW PROCESS.

[CLICK HERE TO LEARN MORE](#)

WHAT ARE SIGNATURE PROGRAMS?

TAKE BACK THE NIGHT, THE STUDENT MENTAL HEALTH CONFERENCE, THE OUT OF THE DARKNESS WALK, AND FRESH CHECK DAY ARE ANNUAL PROGRAMS FOR THE WHOLE COMMUNITY TO COME TOGETHER AND LEARN.

WHERE DO I FIND HCI & WELLNESS CENTER EVENTS?

OUR PROFLINK PAGE (WELLNESS CENTER) AND OUR SOCIAL MEDIA (@ROWANHCI) ARE THE WAY TO GO! FIND WORKSHOPS, GAMES, AND WAYS TO CONNECT WITH EACH OTHER!

[CLICK HERE FOR A LIST OF WELLNESS CENTER/ HCI EVENTS](#)

HOW DO I REQUEST A PROGRAM FROM HCI AS A STUDENT?

STUDENT LEADERS CAN REQUEST A PROGRAM FROM AN INTERN OR STAFF MEMBER BY EMAILING HCI@ROWAN.EDU. PLEASE SEND YOUR REQUEST 2-3 WEEKS BEFORE YOUR PROGRAM!

HOW DO I REQUEST A PROGRAM FROM HCI AS A STAFF OR FACULTY MEMBER?

EMAIL HCI@ROWAN.EDU, WHICH GOES TO OUR PROFESSIONAL STAFF. PLEASE GIVE US 2-3 WEEKS NOTICE. SOME WORKSHOPS HAVE TIME REQUIREMENTS, SUCH AS AT LEAST 90 MINUTES FOR QPR.