

A woman with long dark hair, wearing a black jacket, is smiling and petting a golden retriever. She has her hands on the dog's head and neck. The background is slightly blurred, showing what appears to be an indoor event space with blue draped tables.

section 06

Health and Wellbeing

Introduction

Yasmine Key
University Health Services

“We are excited to welcome you and your student to UTC. While academic success is an important objective for our students, we find it equally as important to help students grow holistically. The university works to support your student’s needs whatever they may be.

Our campus offers excellent services in which we educate and support students regarding their health and wellness. We provide services which address mental and physical health. With students having access to on campus resources which include health and wellness experts and opportunities to learn about all aspects of wellness, we meet students “where they are. We provide an environment for students which is easily accessible and supportive during their time at UTC. Our hope is to help them establish a solid foundation of self-care and wellness that they can use after graduation.

We suggest that you take some time to have conversations with your students about how they plan to stay healthy while away from home. Establishing healthy routines which include a healthy diet, exercise, adequate sleep and establishing an appropriate social life can set them up for success inside and outside the classroom.”

| **University Health Services**

utc.edu/university-health-services

University Health Services (UHS) seeks to provide every student with optimum healthcare when needed and offers many services including visits for acute and chronic illnesses, injuries, physical exams, screenings, immunizations, lab services, testing for illnesses (such as strep, COVID, and flu, among others), TB skin testing and allergy shots. UHS is staffed by experienced, compassionate nurse practitioners, registered nurses and support staff.

| **Counseling**

utc.edu/counseling

The Counseling Center offers a variety of mental health services, including individual and group counseling, medication management for those who qualify, consultations and referrals, and prevention/ education programs. The top 10 reasons students take advantage of counseling are anxiety, depression, family relationships, adjustment disorders, self-care, self-esteem issues, peer relationships, romantic relationships, academic distress and suicidal ideation. Our services are confidential and free for students—except for a minimum fee for medication management.

| **Center for Wellbeing**

utc.edu/wellbeing

The Center for Wellbeing is a resource to help students integrate holistic health and wellness practices into their lives and prevent undesired health outcomes. Education and prevention programs address mental health and self-care, suicide, substance misuse, recovery, nutrition, physical and sexual health, sexual violence, relationship violence, and stalking.

| **Student Outreach and Support**

utc.edu/sos

Student Outreach and Support (SOS) advocates for students experiencing challenges in their personal and academic lives. SOS helps students navigate university administrative processes, connect with campus and community resources and develop resiliency, self-advocacy, and coping skills. SOS also educates UTC employees on how to work with students of concern, including when to make appropriate referrals.

| CARE Line

If a student experiencing a mental health crisis or need assistance regarding sexual assault, relationship violence or stalking, UTC's CARE line is available for all students 24/7. Contact the CARE line at (423) 425-CARE (2273).

Tips for Managing Stress

College can be stressful for your student. Balancing classwork, extracurricular activities and social obligations can test even the most calm and collected student. Some stress in college is normal and can even help your student learn coping skills. Here's how you can help your student when things get stressful:

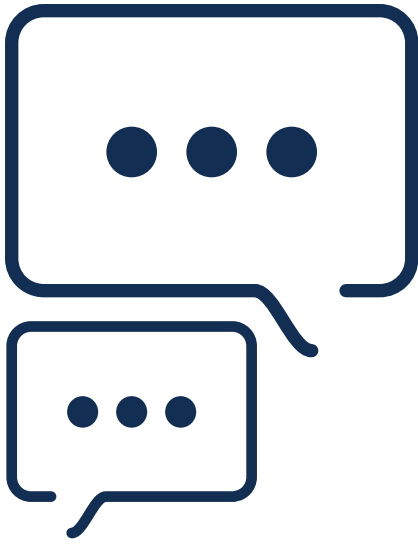
- Help your student identify the cause(s) of their stress. Identifying the cause can help them name the problem. Then you can work together to come up with solutions.
- Remind them to take care of themselves. Getting enough sleep, eating healthy and exercising regularly can help your student better deal with stress.
- Encourage them to reach out to UTC resources like the Counseling Center, Center of Wellbeing and/or Student Outreach and Support.

While some stress in college is normal, here are some signs that your student may be struggling:

Your student isn't participating in any activities or groups at school. Studying is important, but college is about the total experience. If your student is not participating in anything outside of class, they may not be adjusting well.

There's a sudden change in your student's habits or mood. Rapid, unexpected change may signal adjustment problems. Examples include your student stops responding to your texts, is often pessimistic when you talk to them or they're not keeping up with their hygiene like they used to.

They become apathetic about their academic performance. When you talk to your student, do they seem uninterested in their classes? Are they missing assignments? This can mean they're in despair and just don't care about preparing for the future.



Conversation Starters

What questions do you have about using your medical insurance in Chattanooga?

What are ways you can stay proactive about your mental and physical health while away at school?

