

THE WELL



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The Well is UCR's health promotion department. We provide students with health education tools, knowledge, resources, and supplies to keep themselves as healthy as possible so they can succeed at UCR and beyond. The Well also offers opportunities for peer engagement, support, leadership, and professional development. Student well-being is integral to personal and academic success, and The Well is here to help increase healthy behaviors, and remove barriers to wellness that students may be experiencing.

Mission Statement

The mission of The Well is to provide quality health promotion and education resources that foster student well-being and academic success and support a healthy campus environment.

Values:

- **Student-centered approach:** We center students in our work to ensure that our programs and resources meet their current needs. We create opportunities for peer engagement and foster student leadership development.
- **Content expertise:** Our professional staff are trained experts in their areas, and frequently lend their expertise to partnering departments. We train our student staff to be CPE certified peer health educators.
- **Evidence based practices:** We employ a public health approach to ensure our programs are effective in reducing barriers to practicing healthy behaviors, increasing access to health resources, and supporting student well-being.
- **Collaboration:** We prioritize campus and community partnerships and work collaboratively to build health into policies and practices that foster a campus culture of well-being.
- **Social Justice:** We approach our work with a health equity lens to ensure we are meeting the needs of all our students, particularly populations who are systemically oppressed and exposed to additional harm.

- **Welcoming environment:** We strive to create a welcoming, inclusive environment, free of stigma, in our department, and campus-wide.

Program Highlights

- **Golden ARCHES** Peer health educators develop programs around sexual health, reproductive justice, and safer substance use.
- **Active Minds** peers focus on programs related to stress relief, sleep, suicide-prevention and mental well-being.
- **Public Health Peers** work on campus wide COVID- and flu-prevention efforts, and other public health topics.

QUICK FACT

The Well was established in 2009, so is a relatively young department compared to the entire campus.

COMMUNITY HEALTH:

The Well's work goes beyond individual student health behaviors. We address campus policies, environmental factors, and other public health issues that affect the well-being of the UCR community.

STUDENTS SERVED

11,956
(TOTAL VISITS)