



The University Of
T A M P A

Health and Wellness Services and Programs

STUDENT HEALTH SERVICES (www.ut.edu/healthcenter)

- Treatment for acute illnesses and injuries
- Women's Health Clinic and education
- Medical Screenings as appropriate
- Influenza vaccinations, allergy injections and update immunization services
- Limited prescriptions and over the counter medication available on-site
- Patient education and community referrals as needed
- Annual NCAA athletic physicals
- Automated External Defibrillators program

COUNSELING SERVICES (www.ut.edu/counseling)

- Free counseling for all full-time undergraduates and student insured graduate students
- On call counselor 24 hours a day for emergencies
- Individual therapy sessions and referral off-campus when needed
- Support groups available
- Student of Concern Program

PHYSICAL WELLNESS (www.ut.edu/wellness)

- "Spartan Slimdown" weight loss and lifestyle change program
- "Spartan Strong" small group physical training
- Body composition testing
- Energii Wellness Symposium and Expo
- Student Nurse Association Health Fair
- Gasparilla, Guavaween, St. Patrick's Day and Lucky Safety Campaigns
- Piratefest Safety Fair, Safe Spring Break Fair, Safe Summer Send-off Carnival
- Red Flag Campaign (student organization providing healthy relationship education)
- 35 group fitness classes offered weekly, and a fitness week
- McNiff Fitness Center, Martinez Sports Center, Cass Gym, outdoor sand volleyball, basketball and tennis courts, swimming pool, track
- Bike UT free bike rental
- FOODS (student organization providing nutrition information)
- Self-defense classes
- AIDS testing
- Cancer Awareness programming (Melanoma Monday)
- Sun Safety program
- Sexual Health Programming
- Gambling Education Program
- CPR/AED and first aid training
- Accessibility services for students with disabilities
- 20 competitive varsity sports, 10 club sports, 15 Intramural sports consisting of over 250 teams and off-campus recreation and trips

ALCOHOL, TOBACCO AND OTHER DRUG PROGRAMS

(www.ut.edu/deanofstudents/drugfree)

- Alcohol and other drug student assistance program, including BASICS assessment, feedback sessions and referral
- Breathe Easy UT — smoking cessation, tobacco prevention and education and policy education
- Watch Your BAC campaign -alcohol harm reduction campaign
- Team CHAOS peer education team provides a variety of alcohol/ other programming throughout the year
- 12 step groups — AA and Al-Anon
- MyStudentBody — online wellness course for all new students
- Designated Driver, Taxi Cab Resource Cards and Home Safe Pre-Paid Transportation Cards
- Rx Factor (student organization providing education on prescription drug abuse)
- Disjointed (student organization providing marijuana education programming)
- Campus/Community Coalitions for alcohol, tobacco and marijuana

EMOTIONAL WELLNESS (www.ut.edu/wellness)

- Active Minds (student organization providing mental health awareness education)
- Finals Week Stress Relief
- Yoga classes for stress relief, weight loss, stretching and relaxation, and specialty programs to introduce students to different types of yoga
- Meditation Classes, including guided meditation weekly, and special meditation programming, such as Zen meditation and sound mediation
- Screening Days for mental health, eating disorder and alcohol
- On-line Screenings available 24/7
- Mirror Image (student organization providing education on body image issues)
- Students of AMF (student organization supporting college students grieving the illness or death of a loved one)

SPIRITUAL WELLNESS (www.ut.edu/wellness)

- Ten student faith-based organizations
- A wide variety of faith, values and spirituality programming is offered. For more information:
www.ut.edu/spiritual
www.ut.edu/sykeschapel