



UH Wellness

Division of Student Affairs

To promote health, wellness, and the pursuit of self-actualization through education, outreach, and prevention.

SFAC FY25 Presentation



“Now you know,
and knowing is
half the battle.”





95.7% of students agreed to strongly agree that “After attending this program, I feel more like am a part of the UH Community”



96.8% of students agreed to strongly agree that “This event eased my stress”



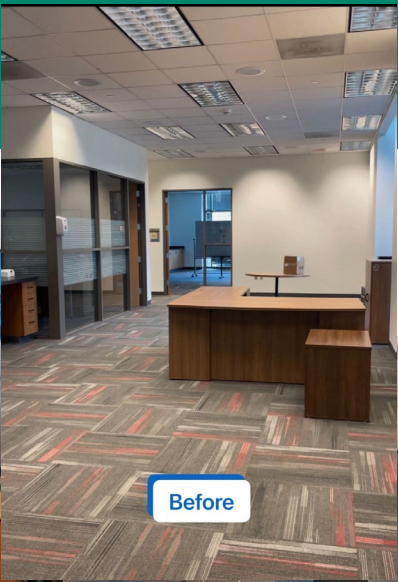
UH Wellness
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- “Learned about additional resources and various ways to address concerning situations and/or mental health statuses of students”
- “Ways to talk to people who shows concerns of mental health not being well.”
- “The extremely comfy rocking chair. I even fell asleep for an hour. I rarely nap. After I woke up, I felt well rested.”
- “I like to space a lot. The chairs are very comfortable, I especially like the cushions so we can sit on the floor comfortably and work at the low table”
- “I like how relaxing the lounge space is, the fun activities and the overall vibe and experience of the experience.”

BEFORE

Before



Challenges



**Marketing and
Communication**



Peer Education



Role within Larger Campus

FY25 One Time Requests

	Includes admin fee
Mental Health Programming	\$7,685
Sexual Health Education Resources	\$2,650
Total Ask	\$10,335

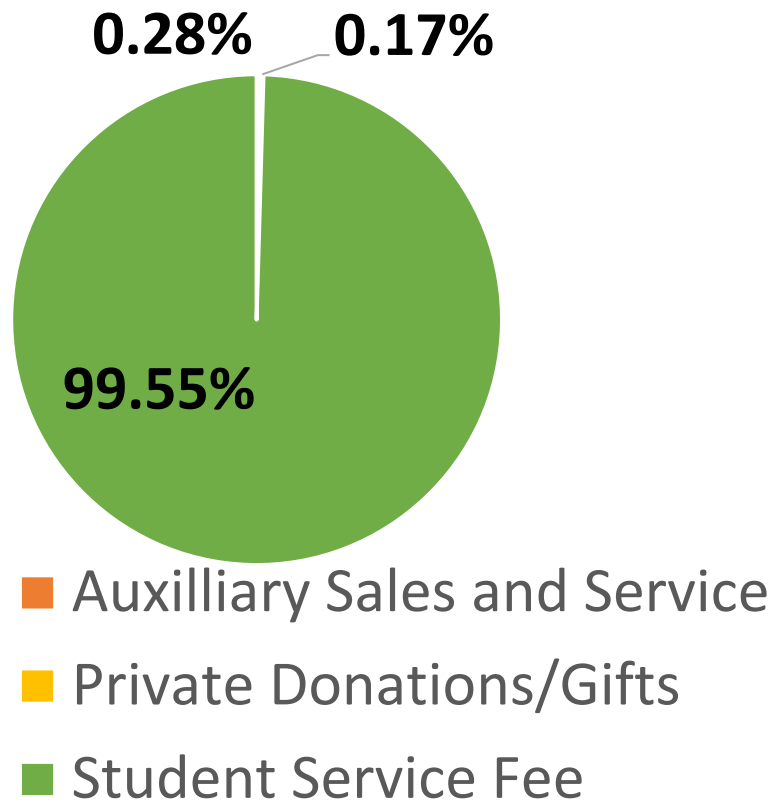
Needs

FY26 Base Augmentation Requests

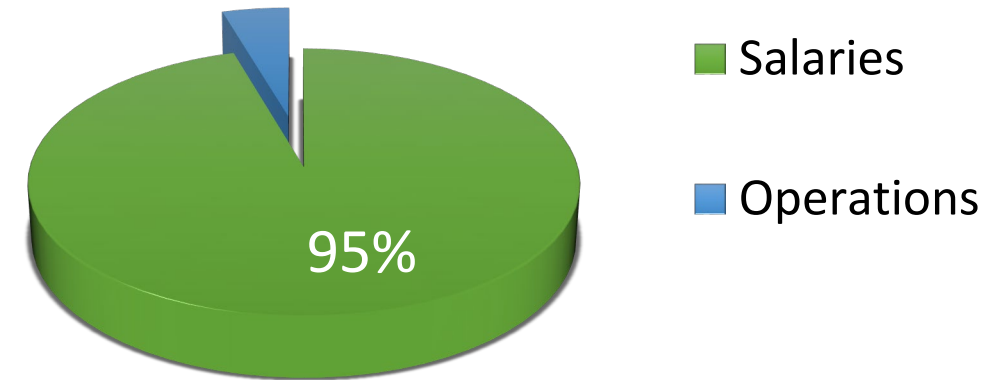
Includes admin fee	
Health Promotion and Peer Education Specialist	\$75,514
Peer Education Professional Development	\$2,120
Mental Health Programming	\$7,685
Wellness Ambassadors Program	\$2,120
Sexual Health Education Resources	\$2,650
Mindfulness Space Furniture Lifecycling	\$1,590
Total	\$90.089



Budget



Expense



Need Help? Start Here



CoogsCARE



Need Support Now?

CAPS crisis support 24/7: 713-743-5454
Text 988, or CHAT 988LIFELINE.ORG

We've made all resources to support
your mental health and overall wellness
available at the CoogsCARE website.

UH.edu/coogs-care