Wellness Request Form

At Student Wellness we offer a variety of workshops, presentations and other programming provided on request to student organizations and campus organizations, university classes, and other campus entities. All Wellness services, including outreach, are currently being offered virtually by Zoom.

These initiatives can cover any number of topics, including Wellness services, stress management, mental wellbeing, identity and belonging, sexual health and relationship education, alcohol and other drugs, and more.

This Spring semester we will be offering the following workshops virtually:

- Dimensions of Wellness & Self Care - (60min)
- Managing Mental Wellbeing during COVID-19
- Bystander Intervention and Violence Prevention (adapted from One ACT)- (120 min)
- Masculinities 101 - (60 min)
- Healthy Relationships 101- (60 min)
- Stress Management (60 min)
- Alcohol 101 (60 min)

For a full list and description of Wellness workshops being offered please visit our Wellness Workshops page.

We provide support to many students to assist with their campus programming needs. In addition, our social media channels (@unchealthyheels) and email newsletter connect students online with holistic health and wellness information, resources and events.

Use the form below to request support for your wellness initiative. We try to accommodate as many requests as possible, but at times, the volume and timing of requests means we cannot accept everyone. Please try to provide advance notice - ideally 2 weeks - and flexibility. Be specific as to what role you hope we can play at the event.

Name of person requesting Wellness *
Name of entity requesting Wellness *
Contact email *
Contact phone ____________________________

Event date

Month ___________ Day ___________ Year ___________

Event start time

hour ___________ : minute ___________ am

pm

Event end time

hour ___________ : minute ___________ am

pm

Goals of event ____________________________

Request of Wellness (select all that apply)

? Hosting a table at a large event

? Formal presentation to a group

? Interactive workshop or discussion with a small group

? Participating on a panel

? Providing educational materials (not in person)

? Providing additional resources and supplies

? Providing 1:1 Wellbeing Coaching

Approximate time commitment from Wellness ____________________________

Additional details we should know ____________________________

Submit

Source URL: https://studentwellness.unc.edu/resources/request-help/wellness-request-form