Wellness Request Form

At Student Wellness we offer a variety of workshops, presentations and other programming for request by student/campus organizations, university classes, and other campus entities.

This Spring semester we will be offering the following workshops virtually and/or in-person:

- Dimensions of Wellness & Self Care
- Mental Wellbeing
- Bystander Intervention
- Violence Prevention
- Stress Management
- Sleep Strategies & Hygiene
- S.H.A.R.E. Topics
- Alcohol & Other Drug Harm Reduction
- Graduate & Professional Students Needs

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

Use the form below to request support for your wellness workshop. 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
- Providing additional resources and supplies
- Providing 1:1 Wellbeing Coaching

Approximate time commitment from Wellness

Additional details we should know

In-person, Virtual, or Hybrid? *

Submit

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