



Student Health & Counseling

Student Academic Affairs

Published on *UCSF Student Health* (<https://studenthealth.ucsf.edu>)

Home > Wellness

Wellness

Student Health & Counseling Services offers workshops, lectures, small group series and health education to improve health and promote personal success.

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UCSF Main Site

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Source URL: <https://studenthealth.ucsf.edu/wellness>

Links

- [1] <http://www.ucsfcares.org/welcome.cfm?access=jicapp>
- [2] <http://screening.mentalhealthscreening.org/hyho>
- [3] <https://studenthealth.ucsf.edu/interactive-assessment-tools#apps>
- [4] <https://studenthealth.ucsf.edu/interactive-assessment-tools>
- [5] <https://studenthealth.ucsf.edu/stress-tool-kit-and-resources#stressAnxiety>
- [6] <https://studenthealth.ucsf.edu/stress-tool-kit-and-resources#depressionMood>
- [7] <https://studenthealth.ucsf.edu/stress-tool-kit-and-resources#mindfulness>
- [8] <https://studenthealth.ucsf.edu/stress-tool-kit-and-resources>
- [9] <https://studenthealth.ucsf.edu/topic-specific-resources#traumaGrief>
- [10] <https://studenthealth.ucsf.edu/topic-specific-resources#sex>
- [11] <https://studenthealth.ucsf.edu/nutrition>
- [12] <https://studenthealth.ucsf.edu/topic-specific-resources#drugsAlcohol>
- [13] <https://studenthealth.ucsf.edu/topic-specific-resources#bodyImage>
- [14] http://studenthealth.ucsf.edu/sites/studenthealth.ucsf.edu/files/PDF/spring2019_onesheet_1April2019_FINAL.pdf
- [15] https://studenthealth.ucsf.edu/sites/studenthealth.ucsf.edu/files/PDF/GroupTalk_onesheet_Fall2018_17Sept2018.pdf
- [16] <https://studenthealth.ucsf.edu/content/request-program>
- [17] <https://studenthealth.ucsf.edu/workshop-archive>
- [18] <https://studenthealth.ucsf.edu/wellness>