

Welcome Class of 2027!

Dear Fellow Hoo -

We're so thrilled you're here and a part of our UVA community. Even though this is an adjustment, you belong here. It's normal to feel both excited and nervous - we've all been there! Plus, we'll be here in your stall each month with helpful new info and resources. Wahoowa!

♥ The Stall Seat Journal Team

Foster your well-being

College is new territory. It's common to struggle with mental health issues during this time. There are tons of resources at UVA to help maintain your mental health and well-being.

HOO KNEW?

82% of UVA undergraduates would consider **seeking help from a mental health professional** if experiencing a problem that was bothering them.*

*From the February 2022 NCHA with responses from 1040 UVA undergraduates.

Resources

Counseling and Psychological Services (CAPS) offers free and non-binding individual or group therapy, psychiatric services, support groups and referrals: **(434) 243-5150**.

TimelyCare offers 24/7/365, free, on-demand counseling and mental health support sessions. There are telehealth offices available in the Student Health and Wellness Building if you're looking for a private, quiet space to engage with a provider. To access free virtual mental health support services within minutes, visit timelycare.com/UVA.

Set your healthy habits

Not everyone drinks in college, but those that do choose to drink learn their limits and look out for one another.

HOO KNEW?

94% of UVA students **watch out for friends** to make sure they stay safe.**

**From the April 2022 UCelebrate survey with responses from 1001 UVA students.

Resources

WahooWell offers confidential sessions to explore your strengths, goals, and motivations related to well-being, and identify strategies for successful growth. Visit: <https://www.studenthealth.virginia.edu/wahoowell>.

Collegiate Recovery Program: Support network for students in recovery or considering recovery from a substance use disorder. Check it out at: <https://crp.virginia.edu/>

Please **call for help if needed**. Here's what to expect when getting help:



Build Your UVA Life

Finding yourself in college is a pursuit. We're here to help on your journey!

Find your community

Finding your community takes time. Don't put too much pressure on yourself to find your best friends in college immediately.

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“As you grow into yourself, **it's normal to grow out of certain friendships**” - B.R. '25

Cultivate your interests

Don't feel forced to overload on credits and cram too many classes into your schedule. It's okay to have free time in college. Get involved with activities that sound interesting rather than ones you feel pressured to join.

Resources

Madison House: Volunteer opportunities to get involved in the Charlottesville community

Student Centers: Multicultural Student Center, LGBTQ Center, Latinx Student Center, First Generation Center, Women's Center, and Interfaith Student Center

The Corner = University Avenue

The Pav = Food Court in Newcomb

JPA = Jefferson Park Avenue
vs. JPJ = Basketball Arena and Concert Venue

O-Hill = Dining Hall

Clem = Clemons Library

The Lawn = Center of Grounds