

Fall in the Stalls

Welcome to the Stall Seat Journal! Our goal is to empower UVA students to make healthy choices. We provide tips and resources on how to improve your wellbeing and our "Hooknews" give information on the healthy behaviors of your fellow Hoos. We cover topics like physical and mental wellness, alcohol safety, sleep, and healthy relationships.

HOO KNEW?

87% of UVA undergraduates agree that the UVA community looks out for one another. *

Scan this QR code to access our latest issues



Tip: Use your smartphone camera to automatically scan a QR code.

Look for us in the **Connections newsletter** every other week

Where to Find SSJ

For over two decades, students have enjoyed a new monthly poster in their stalls, but we'll be moving our issues online for the rest of the semester! We'll post a new digital issue every 2 weeks. Ways to find us:



Follow us on **Instagram @stallseatjournal_uva**

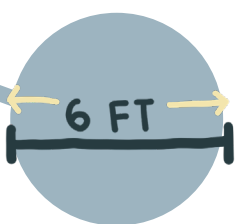


COVID-19 Basics

It's up to us to take care of each other and our greater community. Here at UVA, we come from different walks of life, and it is our responsibility to look out for others - and ourselves. To reduce transmission:



Wear a mask



Remain 6+ feet apart from others



Keep hands clean by washing and sanitizing them often

Want to see what we've done in the past?

For previous issues and resources on counseling, community engagement, substance recovery and more: studenthealth.virginia.edu/stall-seat-journal-archives

TIP!

Give people some extra space when traveling around Grounds and beyond. Help your fellow Hoos and community by being mindful and respectful of personal decisions because of COVID-19!



Hoos Helping Hoos



Not Feeling Well?

Contact the Department of Student Health and Wellness for your physical and mental health needs!

Medical Services

Primary care and COVID care services.

(434) 924-5362

Counseling & Psychological Services (CAPS)

Counseling and psychiatric care, including crisis services.

(434) 243-5150

For more UVA-specific wellness resources, visit

studenthealth.virginia.edu/covid19-wellbeing



* From the February 2020 NCHA with responses from 904 UVA undergraduates.

Office of Health Promotion
Department of Student Health & Wellness
University of Virginia

Hooknew where we get our data?



Every year the Office of Health Promotion (OHP) administers anonymous surveys to representative samples of students on a range of health behaviors. OHP shares this information with you to make informed decisions about your health and wellness.

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