

## **PURPOSE/MISSION**

Our priority is to promote student success through intervention and assistance to students with health-related issues.

Through our services, we enhance the personal development and lifelong opportunities of UVU students. We come to work every day because we are passionate about helping students live healthy, productive lives. As our multiple health disciplines communicate and collaborate, the students receive a more comprehensive treatment of health issues.

## **LEARNING OUTCOMES**

Student Health Services strives to promote, cultivate and teach students to:

- **KNOW** how to navigate the symptoms and challenges that occur within their life and impact their function and educational pursuits.
- **THINK** in ways that promote well-being, function, and health.
- **DO**; persist in school and navigate with improved function within their environments.

## **PROGRAMS & SERVICES**

### **Psychiatric Services:**

Licensed Psychiatric Nurse Practitioners, Psychiatric Medication Management

### **Medical Services:**

Certified Nurse Practitioners, Certified Medical Assistants, Allergies, Common Illnesses, Contraception, Women's Health, Anxiety & Depression, Preventative Healthcare

### **Assessment Services:**

Comprehensive assessment of Learning Disabilities, Attention Deficit Hyperactive Disorder, and Autism

### **Psychological Services:**

Licensed Psychologists and Mental Health Counselors, Depression, Trauma, Bereavement, PTSD, Eating Disorders, Anxiety, Stress Management, Abuse, Relationship Counseling

### **Crisis Services:**

Licensed Clinical Social Workers, Certified Suicide Prevention Instructors, Crisis Assessment, Crisis Consultation and Collaboration, Crisis Intervention

# IMPACT DATA

**3,180+**  
Students Served

**85%**

of students in 2023 said they were doing better mentally after using our services, up 7.5% from 2022.

**45,000**

individuals trained in suicide prevention

**105**

students received assesment services (LD, ADHD, or Autism) the past year

**23**

- mental health providers

**8**

- medical providers

**2**

- practitioners added this year

**7,747**

- mental health visist

**651**

- hours students spent attending therapy groups

**3,138**

- medical and psychiatric visits

Student Health Services has collaborated extensively with various departments and services at UVU through consulting, co-creating initiatives, and serving on multidisciplinary councils, integrating our medical and psychological expertise to enhance programming across the entire campus.

“So grateful to have such high-quality care at my university. It has taken away a lot of unnecessary stress.” — Student