

**Your Well-being Matters.** Students may experience stressors that can impact both their academic experience and their personal well-being. These may include academic pressures and challenges associated with relationships, mental health, alcohol or other drugs, finances, etc. You are encouraged to maintain a healthy lifestyle by eating a balanced diet, exercising regularly, getting enough sleep, and taking time to practice self-care.

If you are experiencing concerns, seeking help is a courageous thing to do for yourself and those who care about you. If the source of your stressors is academic, please contact me so that we can find solutions together.

There are many resources available to support your well-being while you are at UTA.

### **Cultural Wellness Resources**

Intercultural Student Engagement Center (ISEC) | 817-272-2099 | [isec@uta.edu](mailto:isec@uta.edu)

Office of International Education (OIE) | 817-272-2355 | [international@uta.edu](mailto:international@uta.edu)

### **Emotional Wellness Resources**

Counseling and Psychological Services | 817-272-3671 | [caps@uta.edu](mailto:caps@uta.edu)

MavsTalk 24/7 Crisis Line: 817-272-8255

### **Environmental Wellness Resources**

Office of Sustainability | 817-272-9299 | [sustainability@uta.edu](mailto:sustainability@uta.edu)

### **Financial Wellness Resources**

Student Money Management Center | 817-272-2353 | [utamoney@uta.edu](mailto:utamoney@uta.edu)

Financial Aid and Scholarships | 817-272-3561 | [fao@uta.edu](mailto:fao@uta.edu)

### **Intellectual Wellness Resources**

Student Access and Resource Center | 817-272-3364 | [sarcenter@uta.edu](mailto:sarcenter@uta.edu)

Division of Student Success | 817-272-1794 | [dss@uta.edu](mailto:dss@uta.edu)

### **Physical Wellness Resources**

Health Services | 817-272-2771 | [healthservices@uta.edu](mailto:healthservices@uta.edu)

Campus Recreation | 817-272-3277 | [campusrec@uta.edu](mailto:campusrec@uta.edu)

Maverick Pantry | 817-272-9220 | [eaf@uta.edu](mailto:eaf@uta.edu)

### **Professional Wellness Resources**

Career Development Center | 817-272-2932 | [careers@uta.edu](mailto:careers@uta.edu)

### **Sexual Wellness Resources**

Office of Health Promotion | 817-272-2771 | [hpsa@uta.edu](mailto:hpsa@uta.edu)

Student Advocacy Services | 817-272-3947 | [rvsp@uta.edu](mailto:rvsp@uta.edu)

### **Social Wellness Resources**

Involvement & Engagement | 817-272-2963 | [getinvolved@uta.edu](mailto:getinvolved@uta.edu)

Student Activities | 817-272-2563 | [studentactivities@uta.edu](mailto:studentactivities@uta.edu)