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

Emotional Wellness Resources
Counseling and Psychological Services | 817-272-3671 | caps@uta.edu
MavsTalk 24/7 Crisis Line: 817-272-8255

Environmental Wellness Resources
Office of Sustainability | 817-272-9299 | sustainability@uta.edu

Financial Wellness Resources
Student Money Management Center | 817-272-2353 | utamoney@uta.edu
Financial Aid and Scholarships | 817-272-3561 | fao@uta.edu

Intellectual Wellness Resources
Student Access and Resource Center | 817-272-3364 | sarcenter@uta.edu
Division of Student Success | 817-272-1794 | dss@uta.edu

Physical Wellness Resources
Health Services | 817-272-2771 | healthservices@uta.edu
Campus Recreation | 817-272-3277 | campusrec@uta.edu
Maverick Pantry | 817-272-9220 | eaf@uta.edu

Professional Wellness Resources
Career Development Center | 817-272-2932 | careers@uta.edu

Sexual Wellness Resources
Office of Health Promotion | 817-272-2771 | hpsa@uta.edu
Student Advocacy Services | 817-272-3947 | rvsp@uta.edu

Social Wellness Resources
Involvement & Engagement | 817-272-2963 | getinvolved@uta.edu
Student Activities | 817-272-2563 | studentactivities@uta.edu