Division of Student Life & Student Wellness and Health Promotion

Matt McMahon
Student Wellness and Health Promotion
Student Life

Division of Student Life
- Center for Black Culture
- Center for Counselling and Student Development
- Disability Support Services
- Fraternity and Sorority Leadership & Learning
- Office of the Dean of Students
- Office of Student Conduct
- Orientation and Transition Programs
- Residence Life & Housing
- Student Diversity & Inclusion
- Student Health Services
- Student Services for Athletes
- Student Wellness & Health Promotion
- UD Career Center
- University Student Centers
Student Life Virtual Hub
udel.edu/studentlife

**HE N G A G E M E N T**
New virtual and hybrid programming efforts and activities are coming your way daily. Check back often for the very latest from the Blue Hen Community.

**RECREATION**
Your health is vital right now - let us help you achieve it.
While the libraries and our recreation facilities are closed at the current time, there are still many recreation and outdoor activities available to you. For the very latest, follow @UDLife on Instagram and @UDLife on Twitter to stay connected to this exciting.

**WELLBEING**
Throughout the world, Blue Hens are living through these moments together. Day by day we live and make decisions about our health and wellness, the communities that we support and that support us, and what we can do to feel that we are thriving despite these challenging times.
Whether it's a quiet sunrise, a favorite read, or a little trick courtyard that reminds us of our beautiful and bustling campus, we are never alone in these thoughts - and we know that every step we take to protect our flock brings us closer to each other once again.
Wellbeing
Student Wellness & Health Promotion
Student Wellness & Health Promotion Services
Center for Counselling & Student Development
Mental Health Support Services

• Individual therapy
• Group Counselling
• Emergency / Crisis response
24/7 Support