



# MENTAL HEALTH & WELL-BEING

*Spartan Well-Being, Counseling & Psychological Services, Campus Violence Response Center, and Spartan Recovery*  
[shs.uncg.edu/mental-health-well-being](http://shs.uncg.edu/mental-health-well-being)

UNCG's Mental Health & Well-Being services provide comprehensive support aimed at nurturing the whole student. Through Spartan Well-Being (SWB), Counseling & Psychological Services (CAPS), Campus Violence Response Center (CVRC), and Spartan Recovery, students have access to education, prevention, early intervention, crisis support, mental health and trauma services, wellness coaching, and recovery support. Services are designed to meet students where they are on the continuum of well-being.

Collaborations across campus, with community partners, as well as peer education have expanded the impact of mental health and well-being programming. Spartan Recovery collaborated with The Weatherspoon Art Museum and The Opioid Project, resulting in a mixed media art exhibit of Spartan Recovery students' experiences with addiction and mental health challenges. Spartan Well-Being collaborated with the Guilford County Sexual Health Action Group to provide two free HIV/STI testing events on campus.



## IMPACT REPORT 2024-25

UNCG's commitment to prevention, education and early intervention is demonstrated in programs like financial wellness coaching, drop-in "Let's Talk" consultations offered by CAPS clinicians, monthly topical wellness and social norming campaigns, and a suite of suicide prevention and mental health trainings, including Ask. Listen. Refer., Question, Persuade, Respond, and Mental Health First Aid.

## BY THE NUMBERS

**1,459** distinct students were supported via **8,214** clinical encounters by CAPS

**1,259** students participated in Spartan Well-Being workshops

**89%** of students reported mental health support CAPS/CVRC services helped them stay enrolled