

Improving the mental health of the UH community is a priority for many on campus. Over the years, UH Wellness has conducted specific events and programs to help students learn strategies, behaviors, and skills to reduce mental health concerns. Two notable programs are Fresh Check Day and Relaxation Station to Go. Both are free to attend but have annual operating expenses.

Fresh Check Day is an uplifting mental health promotion and suicide prevention event for colleges. It includes interactive expo booths, peer-to-peer messaging, support from multiple campus departments and groups, free food, entertainment, and exciting prizes and giveaways. Relaxation Station to Go is an outreach program that helps students discover alternative ways to cope with stress, identify relaxing behavior techniques, and incorporate stress-reducing skills into their daily lives.

These programs provide resources to help with stress and anxiety, enabling students to improve their lives, study refreshed, feel happier, have less stress, and stay informed. Participation in both programs has increased over the past few years. Therefore, we are requesting a one-time funding to cover a new registration fee for Fresh Check Day, durable equipment for Relaxation Station to Go, and the hiring of massage therapists throughout the year. This support aims to help students learn the necessary skills and behaviors to reduce stress hormone levels, improve concentration, memory, creativity, emotional intelligence, motivation, and academic performance.

### **DSAES Strategic Initiative**

- Lowering costs for economically disadvantaged
- Increased student engagement
- Increased engagement for students at UH Sugar Land

<b>FY25 OT Funding Request</b>	<b>Amount</b>
<b>Massage Therapists</b>	<b>\$4,000</b>
<b>Massage Durable Equipment</b>	<b>\$250</b>
<b>FCD Registration Fee</b>	<b>\$1,000</b>
<b>Mental Health Promo Items</b>	<b>\$2000</b>
<b>Admin Fee 6%</b>	<b>\$435</b>
<b>Total</b>	<b>\$7685</b>

