

Health Promotion and Education



WESTERN MICHIGAN UNIVERSITY
Health Promotion and Education

About HPE



We are a team of health educators and nationally-certified peer educators working to create a culture of **equitable well-being** and **healthy environments** for the success of all Broncos.

We focus on **prevention** and provide **support** at the individual, community, and systemic levels through trainings, workshops, wellness services, and health-promoting policy and communication initiatives. Workshops and trainings are open to all students, faculty, and staff.

Students can get involved in our office through our **peer education** programs and/or volunteer, internship, and practicum experiences.

Our core programs include:

- alcohol and other drugs education
- sexual health education
- sexual assault prevention, education, and support
- mental wellness education and suicide prevention and
- bystander intervention training.

WMU Well-being Wheel

Well-being is...

- Developing my identity and living as my authentic self.
- Making lifelong healthy choices.
- Learning and applying skills to meet my own physical, social, spiritual, intellectual, occupational, financial, emotional, and environmental needs.
- Demonstrating resilient behavior, including the ability to become strong, healthy, or successful when faced with obstacles and challenging situations; including the ability to adapt and be flexible when responding to change.
- Addressing external factors within communities, systems, and organizations that impact health/wellness.



Mental Wellness Education

The mental wellness education program aims to reduce stigma of mental health, and support and improve the emotional wellness of all students.

We also facilitate workshops and events for managing stress and self-care, mindful mental health, Mental Health Awareness Week, and more.

Our peer educators create space for students to brainstorm and collaborate in fun and meaningful ways to educate the WMU community about mental health and well-being through interactive programming.



Alcohol & Other Drugs Education

We provide comprehensive programming on prevention and reduction of alcohol and other drug use through interactive workshops for classes, residence halls, educational interventions, and other audiences by request.

We use a variety of strategies to encourage students to have fun and make safer choices by utilizing evidence-based skills focused on risk reduction and environmental strategies.



Sexual Assault Prevention, Education & Support

FIRE! Peer Educators are committed to educating students and the WMU community about sexual assault prevention and response.

FIRE's vision is to create a campus culture that actively and effectively responds to sexual assault to eradicate it from the WMU campus and ultimately, society at large. We provide support and resources for survivors and their friends and families through the FIRE Place.



Fighting Ignorance & Rape
Through Education

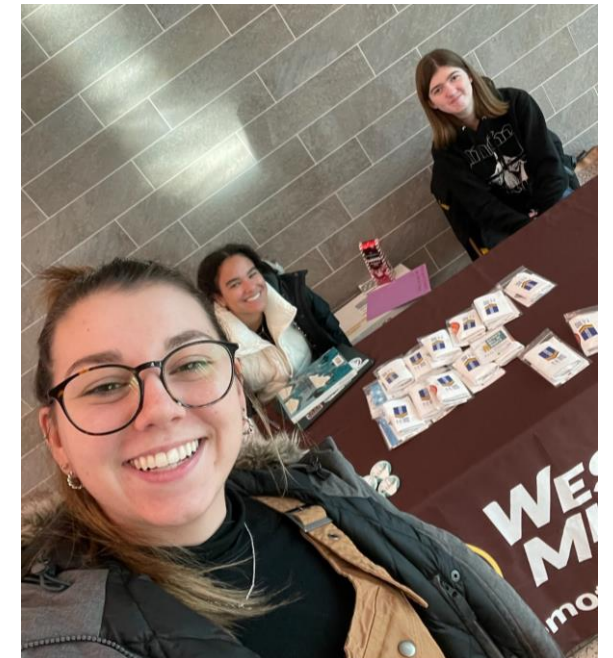


Sexual Health Education

Sexperts are peer educators who facilitate interactive presentations and campus programming relating to sexual health, healthy relationships, consent, and more.

We provide information, build skills, and empower students to make healthy choices about sex, intimacy, and relationships.

We coordinate the Safer Sex Supplies Delivery Service, which delivers condoms and other safer sex supplies directly to residence hall mailboxes at reduced cost.



Western H.E.R.O.E.S.

Our bystander intervention program encourages the WMU community to step up and create a safe and inclusive campus environment. H.E.R.O.E.S. learn the skills necessary to safely step up and effectively prevent or stop harm.

We offer training that empowers participants to overcome the bystander effect when they find themselves or others in situations that could lead to harm.



Student Leadership Opportunities

Become a Peer Educator!

- Mental Health
- Earn academic credit
- Sexperts
- Volunteer or service-learning hours
- FIRE!
- Job shadowing

National Peer Educator Certification

WMU Signature Credit

Manage internship-level project

Professional development including public speaking and event coordination



HPE Resources and Services

- Workshops on a variety of health and wellness topics
- Safer Sex Supplies Delivery
- Ask a Sexpert
- FIRE Place Resource & Support Center
- Common Ground
- Wellness Coaching
- Light Box Therapy



Additional Wellness Resources

Free with your Bronco NetID or WMU email!



YOU at Western – you.wmich.edu

Wellness goal setting & tracking

Self-assessments and links to campus and national resources

Posts from other students – real stories, college life hacks



Welltrack – wmich.welltrack.com

Mood check and relaxation activities

Self-paced courses in coping and well-being skills

Opt-in to connect with your campus counselor/therapist



Uwill – app.uwill.com

24/7 teletherapy – video, phone, chat, message

24/7 crisis hotline – (833) 646-1526



Thank you!

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wmich.edu/healthpromotion



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