CoogsCARE Monthly

Supporting Mental Health and Wellness

November: Gratitude & Positivity

In this month's issue of CoogsCARE Monthly, meet our faculty, staff and students who are making a difference in the lives of their fellow Coogs. We introduce you to the UH Care crisis response team, Valenti students fostering mental health connections through a targeted campaign and a member of the UH catering team whose caring actions changed the course of a student's life.
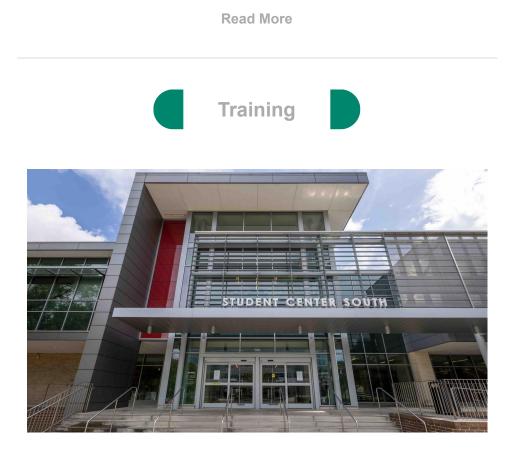
Looking for CAPS? Walk this way.

Step-by-step Guide to Counseling and Psychological Services (CAPS)

▶

An Inside look at UH's Care Team

The University of Houston's Care Team has made it their mission to provide a multidisciplinary and collaborative approach in support of students facing sensitive mental health situations. The team works behind the scenes to respond to students and connect them with resources.

Read More

Training

"You Can Help a Coog"

Together, we can help to identify someone in need and serve as a protective safety net. **"You Can Help a Coog" Training is offered Tuesday 11/14. 1pm - 2pm, Student Center South Astrodome Room**

Sign Up

Profiles

Valenti Students Create Festival to Raise Awareness on Peer-to-peer Mentoring

Students in the Jack J. Valenti School of Communication are organizing "CoogsCARE Fest" to raise awareness of peer-to-peer mentoring and mental health support. The project aims to engage commuter students and promote the accessibility of peer mentoring programs.

Read More

Cougar Cupboard Triumphs in Friendly Food Drive Battle with Big 12 Rival

In a spirited donation drive competition against West Virginia University, the Cougar Cupboard emerged victorious. The friendly face-off showcased the power of unity in addressing a pressing issue while bringing visibility to student support services like the Cougar Cupboard.

Read More

Story of Care

Evelin Osorio's Story: A Moment That Changed Everything

Last spring, a seemingly ordinary moment on campus concealed an extraordinary turning point, underscoring the profound truth that every individual, regardless of their campus role, possesses the potential to make a meaningful difference in the life of fellow Coog.

Read More

 Pro Tip

How to Practice Self-Compassion

Self-compassion offers a powerful tool for reducing self-stigma and mitigating negative outcomes. Psychology Professor Michael Zvolensky offers tips for how to practice self-compassion and its potential to promote well-being and resilience during challenging times, especially among people with stigmatized identities.

Read More

Events

MCT: Student Wellbeing and Classroom Techniques

Monday, Nov. 13 & 21, 3-4pm
Faculty are invited to 'Mastering the Craft of Teaching,' an informal and interactive session hosted by Drs. Ana Medrano and Cristian Morosan, featuring special guests discussing teaching challenges and innovative practices.

Meditation Mondays

Mondays 5pm Cullen Fountains
Your journey to self-discovery starts here! We can't wait to see you at the Cullen Fountains every Monday at 5 pm. Let's meditate, journal, and reflect together in a safe and welcoming space. See you there!

Updates

Downloads of UH Mental Health Apps Skyrocket

UH made available two new mental health apps last month, and downloads have skyrocketed in recent weeks. UH students have downloaded Togetherall, which provides peer-to-peer mental health chat and supports, and Welltrack Boost, interactive self-help therapy, more than 500 times.

CoogsCARE

UH Student Journalist Reviews Welltrack Boost App

A reporter with The Cougar newspaper recently reviewed the Welltrack Boost app. "The app has something for everyone, from courses designed to help overcome anxiety, to a guide to healthier sleep. There are also screenings available for anxiety and depression, along with alcohol use and resiliency."

Read More

Diane Z. Chase
Senior Vice President for Academic Affairs and Provost
provost@uh.edu

Raymond S. Bartlett
Senior Vice President for Administration and Finance
cfo@central.uh.edu