**Furman**

* No specific FYE programming and not included in Summer or Fall orientation programming
* [Counseling Center](https://www.furman.edu/counseling-center/)
* [Student Intervention Team](https://www.furman.edu/student-life/student-resources/helping-distressed-students/)
* [Health Center](https://www.furman.edu/offices-services/student-health-center/)

**Rollins**

* No specific FYE programming. Fall orientation program schedule not available at time of this review.
* [Wellness Center](https://www.rollins.edu/wellness-center/index.html)
* [Counseling Center](https://www.rollins.edu/wellness-center/counseling/)
* [Community Resiliency](https://www.rollins.edu/wellness-center/community-resiliency/index.html)
* [Health Services](https://www.rollins.edu/wellness-center/health-services/index.html)
* [Health Promotions](https://www.rollins.edu/wellness-center/health-promotions/index.html) (Wellness Ambassadors and Wellness Fair)
* Peer mentors put on programs because they are tied to FYS courses, Health and Wellness program recently cut; there is a leadership course for PMs; they aren’t paid but they receive 3 credits

**Millsaps**

* No specific FYE programming. Orientation program schedule not available at time of this review.
* [Counseling Center](https://www.millsaps.edu/student-life/counseling/)
* [Health Center](https://www.millsaps.edu/student-life/wesson-health-center/#staff) seems only focused on medical, no wellness programs

**Davidson**

* At Orientation there is a meeting with the Health Educators
* [Outdoor Odyssey](https://www.davidson.edu/new-students/pre-orientation-programs/odyssey-pre-orientation/outdoor-odyssey) (pre-orientation community building trip)
* [Center for Student Health and Well-being](https://www.davidson.edu/offices-and-services/student-health-and-well-being)
  + [Counseling Center](https://www.davidson.edu/offices-and-services/student-health-and-well-being/counseling-services) they have mental health ambassadors
  + [Health Education](https://www.davidson.edu/offices-and-services/student-health-and-well-being/health-education) they have student health educators; several health related student orgs, The Art Cart (cart on wheels with crafts), Mindfulness Stones initiative, The Nest (relaxation space)
  + [Health Services](https://www.davidson.edu/offices-and-services/student-health-and-well-being/health-services)

**Southwestern**

* This fall there will be a Self-Care Fair and Sexual Health discussion session during Welcome Week.
* A Health Educator (housed in the Counseling and Health Center) was hired in January and there are plans to offer a variety of events throughout the year geared toward mental, physical, and sexual health, as well as diversity and inclusion.
* The Counseling and Health Center is an optional speaker for faculty to invite into FYS courses.
* [Counseling Center](https://www.southwestern.edu/counseling-center/)
* [Health Education](https://www.southwestern.edu/health-center/health-education/)
* [Health Center](https://www.southwestern.edu/health-center/)

**Richmond**

* [Appalachian Trail Adventure](https://recreation.richmond.edu/outdoor-adventure/pre-orientation-at/index.html) (pre-orientation community/leadership skill building trip)
* [Roadmap to Success](https://roadmap.richmond.edu/about/index.html) (included pre-semester and first year programs, one of the topics of development is “Developing work-life balance habits in college”)
* [Counseling and Psychological Services](https://caps.richmond.edu/)
* [UR Well](https://urwell.richmond.edu/) (program to build a culture of well-being; includes: CAPS, Health Promotion, Health Center, Mental Health First Aid, Mindfulness and Meditation)

**Rhodes**

* No specific FYE programming. Not included in summer orientation. Welcome Week schedule not available at time of review.
* [Counseling Center](https://sites.rhodes.edu/counselingcenter)
* [Office of Student Health and Wellness](https://sites.rhodes.edu/healthwellness)
* [Student Health Services](https://www.rhodes.edu/student-life/services-and-support/student-health-services)

**Hendrix**

* [Fall Orientation](https://www.hendrix.edu/orientation/timeline/) includes student trips.
* [Well-Being Initiative](https://www.hendrix.edu/well-being/)
* [Counseling Center](https://www.hendrix.edu/counseling/)
* [Health Services](https://www.hendrix.edu/healthservices/)

**Birmingham-Southern**

Birmingham-Southern has a number of counseling services, a Faculty/Staff Reference guide to know how to help students, and a first year landing page. From my experience, there are multiple mental health and wellbeing events through the year, hosted, I believe, by Student Development. Free food, yoga classes, mindfulness meetings, but I couldn’t locate a comprehensive list.

Links:  
Counseling services:<https://www.bsc.edu/campus/counseling/index.html>)  
Faculty/Staff Reference Guide:<https://www.bsc.edu/campus/health-safety/images/Faculty-Staff-Quick-Reference-Guide---Assisting-Students-of-Concern---Fall-10.2020.pdf>  
First year landing page:<https://www.bsc.edu/campus/firstyear/>

**Washington and Lee**

Washington and Lee featured several resources, including general mental health and wellness; fitness and wellness; and counseling services. They hosted a wellness week and offer a first year experience.

Their Director of Health Promotion said their first-year students do an online program from EverFi called Mental Well-being. They also subscribe to the online magazine CampusWell, which has articles on both mental health and emotional self-care, and they supplement this with timely Stall Street Journals they develop inhouse.

Links:  
Mental health and wellness:<https://my.wlu.edu/student-life/health-and-safety/get-help-now>  
General fitness and wellness:<https://www.wlu.edu/campus-life/activities/recreation-and-fitness/fitness-and-wellness/>  
Counseling services:<https://my.wlu.edu/student-life/health-and-safety/student-health-and-counseling/university-counseling>  
Wellness week:<https://www.wlu.edu/arts/museums/visit-the-museums/exhibits-and-events/wellness-week/>  
First year:<https://www.wlu.edu/campus-life/first-year-experience/>

**Trinity**

Trinity’s first year information seemed to center mostly on academics and classes. However, they offered both counseling services and a wellness office. They also had an impressive variety of events related to mental health and wellness.

Their Assistant Director for Orientation Programs said their Wellness Coordinator is out on leave, but they typically provide workshops during New Student Orientation in August, 1:1 student appointments as it relates to overall wellness and nutrition, and other similar services. The Director of Counseling Services said there are none targeted to first-year students beyond providing exposure of Counseling Services to them through New Student Orientation.

Links:  
Counseling services:<https://www.trinity.edu/directory/departments-offices/counseling-services>  
Wellness:<https://www.trinity.edu/directory/departments-offices/wellness>  
Various events:

<https://events.trinity.edu/search?search=mental+health>

<https://events.trinity.edu/event/the_covid_pandemic_a_three-part_series_part_3_medicine_spirituality_mental_health_during_a_pandemic_holiday_season#.YK0UT6hKiUk>

<https://events.trinity.edu/event/stress_free_zone_6338#.YK0UsqhKiUk>

**Spelman**

While Spelman didn’t outline anything specific to their first year experience, they had quite a few resources related to mental health and wellness. They have a CARE team, general health and wellness options, more detailed counseling resources, and a wellness center that specifies a mind/body/spirit area. The Director of Student Life and Engagement said the Counseling Center is the best resource to speak with on this issue.

Links:  
CARE team:<https://www.spelman.edu/student-life/care-team/overview>  
Health and Wellness:<https://www.spelman.edu/student-life/health-and-wellness/overview>  
Counseling resources and events:<https://www.spelman.edu/student-life/health-and-wellness/counseling-center>  
Wellness Center:<https://www.spelman.edu/about-us/wellness-center>

**Sewanee**

Sewanee’s first year seemed to center mostly on academics and courses. They do list ways to flourish on campus and include resources along with this. They also have a Wellness Center that offers counseling.

Links:  
Flourishing:<https://new.sewanee.edu/campus-life/flourishing/>  
Wellness Center including counseling:<https://new.sewanee.edu/campus-life/flourishing/wellness-commons/university-wellness-center/>

**Centenary**

Centenary offers counseling services and a first-year orientation. However, mental health and wellness is not featured in the orientation; it focuses on registration, academics, and logistics.

Links:

SOAR: first-year experience: <https://www.centenarysoar.com/about>

Counseling: <https://www.centenary.edu/student-life/student-support-center/counseling-services/>

**Centre**

Centre briefly mentions counseling as one of its student resources. For their new student orientation, they highlight a summer book reading, a community clean-up project, and a course related to alcohol use.

Links:

New student orientation: https://www.centre.edu/life-at-centre/new-student-orientation/

Counseling: https://www.centre.edu/student-resources/

**Morehouse**

Morehouse’s first year experience guide references counseling, accessibility, and health services.

Links: https://www.morehouse.edu/about/orientation/