WE ARE:
Health Promotion and Wellness Services is one of the newest offices in the division of Student Affairs.

WE DO:
We exist to cultivate a campus atmosphere that supports and respects the healthy lifestyle decisions made by Auburn University students. We serve to better educate all members of the Auburn family about living a healthy lifestyle and the many benefits of making healthy choices.

OUR GOAL:
To create a better understanding of health and wellness on Auburn University’s campus, and provide the tools needed for students to choose healthy lifestyles.

FIND US:
www.auburn.edu/studentaffairs/healthandwellness
email: hpws@auburn.edu
Suite 2101 in Student Center
334-844-1528

GET INVOLVED: BE A PART OF HEALTH AND WELLNESS

PEER HEALTH EDUCATION (PHE)
The PHE program is a student initiative to influence friends in an attempt to impact the overall well-being of the Auburn Community.

PHE’s receive leadership training, learn communication skills, and gain research opportunities. The PHE’s work in both a one-on-one manner with friends, as well as participate in community-wide outreach programs.

SAFE HARBOR
Safe Harbor, by providing prevention and education-based initiatives, is committed to reducing sexual assault and violence against all Auburn University students. Safe Harbor provides free, survivor-centered, comprehensive services to students who experience violence—including reassurance, crisis intervention, safety planning, and overall support during the recovery process.

Please refer to website or call 334-844-7233 for more information about Safe Harbor.

STEP UP!
Step Up! is a pro-social behavior intervention program, serving to encourage students to take responsibility in emergency situations. It is designed to increase awareness of helping behaviors and the motivation to help, while also developing appropriate response skills.

Please contact our office if you would like a Step Up! presentation at your next organization meeting.

Auburn University is an equal opportunity educational institution/employer