

January Diversity Spotlight Winner: Bridgewater State University

Bridgewater State University Student-Athlete Diversity Committee and Morgan's Message BSU student-athlete chapter teamed up to provide a space to support students' mental health before they take on finals.

The goal was to create a physical space in athletics to cater to student-athletes' distress before finals. This event also helped eliminate the stigma around mental health within the student-athlete community, which is important to our student-athletes with all they take on.

The event was a passive program where students could meet Morgan's Message student ambassadors and sign up to participate in the BSU Chapter. Student-athletes also spoke to Counseling Center counselors who provided resources, information, and free goodies for students at the event. The committee also provided snacks, games, therapy dogs and coloring stations for student-athletes.

About 70 student-athletes came through during the event. We are looking to continue this event each semester for student-athletes who need to destress, focus on mental health resources/information, and need a space that may be familiar to them but utilized differently.





BSU WELLNESS CENTER
351 Great Hill Drive
Weygand Hall

We're OPEN
M-F 8:30 AM-5:00 PM **Fostering Physical, Emotional, and Personal Wellness**

To make the most of your education at Bridgewater, you need to maintain good health as well as physical, emotional and personal wellness. The Wellness Center offers a range of vital services and support to help you achieve these goals. Whether you need health advice, assistance in a crisis, or care for a specific illness or condition, our helpful and experienced staff members are at your service.

<p>Counseling Services</p> <p>508-531-1331</p> <p>Licensed mental health professionals provide confidential counseling services by appointment. Same-day appointments also available.</p> <ul style="list-style-type: none"> • Anxiety/stress management • Relationship concerns • Substance use problems • Depression • Homesickness • Mental health screenings <p>Health Promotion</p> <p>508-531-2200</p> <p>A master certified health education specialist and peer educators, prepare students to take action to increase positive, health-related behavior.</p> <ul style="list-style-type: none"> • Campus wellness campaigns • Workshops & presentations • Wellness Coaching 	<p>Health Services</p> <p>508-531-1252</p> <p>Board certified NPs and RNs provide acute and primary care services or off campus referrals- services by appointment or same-day appointments are available.</p> <ul style="list-style-type: none"> • Treatment of minor illness or injury • Routine laboratory testing (may bill insurance) • Physical exams • Flu shots • COVID testing • Sexual health, birth control, STI testing <p>Additional Resources</p> <p>The Wellness Center offers:</p> <ul style="list-style-type: none"> • Togetherall- a virtual peer-to-peer support network available 24/7 • Kognito- a simulation-based on-line mental health training • WellTrack- a personal Wellness app <p>MORE INFORMATION </p>
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