Health and Wellness is here to help you navigate University systems and connect to resources that fit your needs.

It’s a big place, we can help you find your way.
Take as prescribed.
Misusing your own or someone else’s meds can be dangerous and addictive.
Mystery Punch?
It makes it hard to keep track of how much you’re drinking.
Trying to relax?
Prolonged marijuana use may actually increase anxiety.
Passed out?

Alcohol poisoning?

There’s a reason to be concerned. Call 911 for help.

Live Well.

HEALTH & WELLNESS
UNIVERSITY of WASHINGTON
Division of Student Life
www.livewell.uw.edu
No pressure.
76% of U.S. college students had no more than 1 sexual partner in the last year.
Buddy System.
Watch out for each other.
Call 911.
If you are scared or concerned.

HEALTH & WELLNESS
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Division of Student Life
www.washington.edu/provost/studentlife/healthandwellness/

Live Well.
Save money.
A daily smoker who quits will save $8,682 over four years.
Remember.
Marijuana affects memory, attention, and learning up to 24 hours after use.

Live Well.

HEALTH & WELLNESS
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Measure your drink.
One cup does not equal one drink.

Live Well.
Go play.
Exercising for as little as 30 minutes improves your mood.