



STUDENT HEALTH AND WELL-BEING BUILDING

DISCOVERY, PREVENTION, TREATMENT

At UC San Diego, we have a vision: a thriving campus community with access to fully-integrated, collaborative health care and well-being resources that support students, faculty and staff. And at the center of this vision is the new Student Health and Well-Being Building at Triton Center. Here, Student Health Services, Health Promotion Services, Counseling and Psychological Services, and the College Mental Health Program will collaborate to ensure the physical and mental well-being of all our students. Primary care, urgent care, a pharmacy, optometry and other clinical resources will be colocated and coordinated with mental health and preventive services to improve patient outcomes; and a dedicated wellness space will offer programs that help establish and maintain healthy physical and mental habits.

The Student Health and Well-Being Building will be home to a complete continuum of care on campus — one designed to prevent health problems before they even arise. Every member of our Triton community will be able to receive personalized treatment in a centralized location with a collaborative and comprehensive approach from providers who work closely with researchers to deliver leading-edge care that improves outcomes and experience.

To make this vision a reality, we are creating a comprehensive care facility that meets the diverse needs of our campus community — where primary health care, short- and long-term mental health, and health education work together to provide support that allows all Tritons to flourish.

59,000+

Visits to Student Health Services last year — a number that is continuing to grow

45%

Increase in Counseling and Psychological Services (CAPS) visits over previous years

42,700+

Students enrolled at UC San Diego

6,000+

Students visited The Zone well-being lounge for more than 600 programs — from crafting to cooking to stress management

At UC San Diego, we believe that what we don't know today will forever change our tomorrows. Empowered by generosity and fueled by curiosity, we are unafraid to chase the unknown — to ask the questions no one has asked before and to push the boundaries of possibility. Together, we unite diverse people and unconventional perspectives to propel limitless impact. Because we know that when we come together, nothing is beyond us.



Together with your philanthropic support, the Student Health and Well-Being Building will become a hub for health and wellness – not only to students, but to every member of our campus community.

Learn more at advancement.ucsd.edu/triton-center.

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PRIORITIES

Our goal is to create a happier, healthier, more compassionate environment for everyone who steps foot on our campus. Your support can bring that goal within reach for the more than 80,000 students, faculty, staff, researchers, physician-scientists and partners who are part of UC San Diego.

STUDENT SUPPORT AND SUCCESS

- ▶ Providing timely care that is delivered with an emphasis on continuity by the student's primary care provider will facilitate coordination with specialists and encourage advocacy for each student's unique health care needs.
- ▶ Developing a stigma-free student mental health ecosystem will make well-being and mental health resources not just accessible, but an important part of everyday campus life.
- ▶ Empowering collaborations between Counseling and Psychological Services (CAPS) and the Department of Psychiatry's College Mental Health Program through shared space on the fourth floor will facilitate health promotion and education, enable early intervention and assessment, streamline the continuum of care, and improve treatment for students.

OUR CAMPUS AND COMMUNITY

- ▶ Delivering comprehensive health services – including urgent care, primary care, pharmacy, radiology, phlebotomy labs and optometry, among others – on the first floor will improve access to these resources and services, not only for students, but for every member of the campus community.
- ▶ Expanding Health Promotion Services – this unique preventive services unit will provide education and wellness programs that help students navigate the transition from adolescence to adulthood, and improve the overall wellness of our Triton community.
- ▶ Creating the wellness space on the first floor will provide a visible venue for health-based programming featuring the eight dimensions of well-being to help visitors develop behaviors that contribute to overall health.

RESEARCH AND INNOVATION

- ▶ Uniting Student Health and Well-Being doctors, nurses, health educators, psychotherapists and psychiatrists, researchers and data analysts will empower teams to translate research breakthroughs to clinical practice, establishing best practices that influence the delivery of health care across California and beyond.
- ▶ Establishing collaborative spaces will create a living, learning laboratory that amplifies human and technological resources to prevent illness before it begins and deliver targeted and tested care to those who need it.