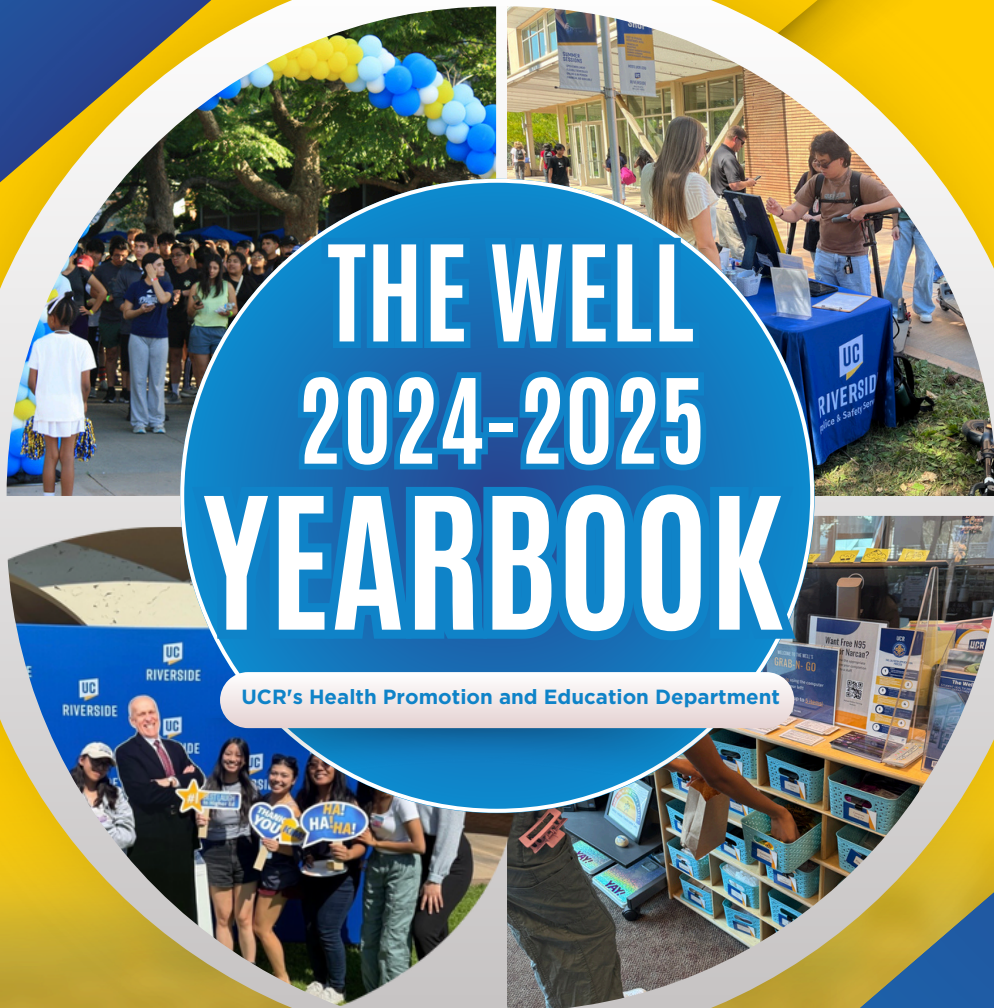


THE WELL 2024-2025 YEARBOOK

UCR's Health Promotion and Education Department



Contact Us



well.ucr.edu



(951) 827-9355

2024-2025 IMPACT

Services & programs provided by The Well are open to & accessible by all **26,384** total undergraduate & graduate students. The Well accomplished all of its efforts with **5 professional staff, 18 student staff, & 170 peer health educators**. The Well provided a total **42,787 individual supplies** and had a total of **40,784 student interactions**.

24-25 CAMPAIGNS & PROGRAMS

SUBSTANCE USE

21,082

Alcohol-Edu
Pre-Concert Safety Module
Naloxone Training

PUBLIC HEALTH

5,393 ↑44%

Micromobility
GlowRide
CNAS HWS Presentations

MENTAL HEALTH

6,520 ↑41%

Well-Being Walk-ins
Brave Spaces
Mindful Eras

SEXUAL HEALTH

1,086 ↑9%

Sex Week
Lounge Chats

TOTAL REACH: 34,081 ↑11%

MARKETING & COMMUNICATIONS



3,428 Instagram Followers ↑18%



435 listserv members



9,374 website clicks

OFFICE VISITS - THE WELL & THE LOUNGE

UNDERGRADUATE

6216 ↑26%

GRADUATE

1511 ↑46%

OTHER

825

TOTAL VISITS: 8,560 ↑24%

DIRECT SERVICES

TEA STATION

3,189 ↑72%

SLEEP KITS

1,610 ↑6%

SEXUAL HEALTH

PRODUCTS

18,515

MENSTRUAL HEALTH PRODUCTS

6,334 ↑75%

COVID -19 TEST KITS

407 ↑18%

PUBLIC HEALTH SUPPLIES

11,594

NALOXONE KITS

493 ↑139%

QUIT KITS

31

FENTANYL TEST STRIPS

614

TOTAL SUPPLIES DISTRIBUTED: 42,787

TESTIMONIALS

"Everyone in the Well is very friendly and the services are really helpful. Nothing makes my day better like getting a hot tea from the Well! Its so important to have these services on campus, especially the sexual wellness services."

"The Well was extremely helpful, especially when I would visit the office for period products. I am forever grateful."

"It's been amazing always having free, accessible health resources like contraceptives and menstrual supplies. I've never had to worry about forgetting my menstrual supplies or being caught off guard while on campus because it's so easy to just go to The Well and pick some up for the day."



WHERE WE ARE HEADING: 2025-2026

As we move into the upcoming year, The Well will begin a rebranding process, gradually introducing our new identity as **The Well - UCR's Well-being Strategist Office**. This shift more accurately reflects the scope and strategic direction of our work, emphasizing our commitment to holistic, inclusive, and evidence-based approaches that foster lifelong well-being and a thriving campus culture.

Aligned with our transition into the newly formed Holistic Health Division under the Health, Well-being, and Safety (HWS) Organization, The Well will continue to lead strategic health promotion, education, and well-being initiatives. Through strong collaboration with Mental Health Initiatives and Student Health Services, we are advancing a unified vision for holistic student success rooted in collective impact.

We will continue to embed the Collective Impact Model across our efforts and serve as a backbone support within HWS. Key initiatives planned for the coming year include the launch of a new text communication platform, a sustainable transportation program, the relaunch of our physical health education and promotion efforts, and a campus-wide nutrition program.

Reflecting on this past year, we recognize areas for growth and will be enhancing our health education efforts to better demonstrate impact through comprehensive data collection and analysis. Additionally, we plan to expand our walk-in service hours, strengthen our volunteer program, and extend support to the overall well-being of UCR students, faculty, and staff. These efforts are all part of our ongoing mission to provide the highest level of service and to position The Well as a leading strategic partner in promoting campus-wide well-being.

Acknowledgment:

This report was prepared by Marisol Torres and Jesus Gomez Manzo, with support from Dr. Connie Marmolejo.