

# Longhorn Wellness Center

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The Longhorn Wellness Center (LWC) supports student life and academic success by promoting student well-being and creating a healthier campus community. Professional and student staff lead evidence-informed health promotion initiatives including peer education, social marketing, workshops and trainings, environmental change strategies and strategic campus partnerships.

Focus areas of the Longhorn Wellness Center include:

- Bystander intervention
- Body image
- Interpersonal violence prevention
- Healthy sexuality
- Mental health
- Mindfulness
- Sleep
- Substance use
- Suicide prevention

Student organizations, residence halls staff, faculty and other units can request workshops on a variety of topics. Students on campus can get involved with the Longhorn Wellness Center through opportunities like:

- Longhorn Wellness Peer Education Program
- Longhorn SHARE Peer Mental Health Support Program
- Voices Against Violence Student Organization
- Employment and internships

Staff in the Longhorn Wellness Center are trained health promotion professionals with multidisciplinary backgrounds and work experiences.

The Longhorn Wellness Center is located on the first floor of the Student Services Building (SSB 1.106). UT Austin campus members visiting the office can access health resources, inquire about programs and services, and utilize student study and work spaces. The office is open Monday-Friday 9 a.m. - 5 p.m. when the University is open. The LWC can be reached by either calling (512)475-8252 or emailing [longhornwellnesscenter@austin.utexas.edu](mailto:longhornwellnesscenter@austin.utexas.edu).