

Elevate *well-being*

at Clemson® University

OCTOBER 2025

CU Well. CU Thrive.

💡 **LEADERSHIP TIP:** Lead well by stepping outside – breathe, walk, recharge.

SEASONAL CONSIDERATIONS

Fight the Flu

Get a flu vaccine by the end of October to protect yourself and others. Students can get vaccinated at Redfern Health Center and employees at Clemson Community Primary Care in Edwards Hall. Pop-up flu shot clinics for employees will also be held most Fridays in October outside Edwards Hall.

RESOURCES

For Students

Get Support – Interpersonal Violence Response (IVR)

IVR supports students affected by interpersonal violence, offering crisis assistance, safety planning, access to resources and guidance through counseling, academic, legal and medical processes.



Develop Learning Skills – Academic Success Center (ASC)

The ASC provides services and resources to help students become confident, skilled and resourceful learners. Staff connect students with academic coaches and peer leaders, offering guidance and strategies to achieve personal academic success.

Prioritize Mental Health – Counseling and Psychological Services (CAPS)

CAPS provides a safe, confidential environment for students to address mental health concerns. Using a Stepped Care Model, CAPS recognizes that individuals require different levels of care. Psychiatry and counseling services can include individual and group counseling, emphasizing self-understanding and the development of effective coping skills to promote overall well-being.

Access Naloxone, Save a Life – ONEbox Opioid Emergency Kits

Emergency opioid poisoning reversal kits, called ONEbox, are installed in many buildings on the main campus. Each kit includes Narcan® and on-demand training on how to respond.

For Employees

Review Your Options – Insurance Open Enrollment

Insurance open enrollment is this month – a time to enroll in or make changes to insurance coverage for the upcoming year, including health insurance, spending and savings accounts, and other available plans.



Resolve Concerns in a Safe Space – The Ombuds Office

University Ombuds are a confidential, independent and neutral resource for addressing concerns, exploring options and moving forward in difficult situations. They also provide education, conflict coaching, mediation, facilitation and referrals to resources across the University.

Find Information on Hazing – Hazing Prevention and Resources Website

Clemson's new Hazing Prevention and Resources website includes definitions of hazing, how to report suspected hazing and resources for prevention and education.

COMMUNITY CORNER

Explore Creativity – The City of Clemson Arts Center

The City of Clemson Arts Center offers high-quality arts programming each month. The Center believes the arts provide a voice for individuals to be heard and new ways to explore the world.

CARE Network Referral

Counseling and Psychological Services ☎ 864-656-2451, after-hours select option 2
Employee Assistance Program ☎ 866-365-0813 for 24/7 live assistance
Ombuds Office ☎ 864-656-5353

UPCOMING EVENTS

10/13-10/14

Fall Break

10/21

**Prisma Health Mobile
Mammography Screenings**

8 a.m.-4:30 p.m.

Reserve your spot: 864-656-3076

10/21

Green Zone Training

11:30 a.m. to 1 p.m.

10/27-11/01

Homecoming Week

NOTABLE HEALTH OBSERVANCES

10/01-10/31

**Domestic Violence
Awareness Month**

10/01-10/31

Fire Prevention Month

10/01-10/31

**Breast Cancer Awareness
Month**

10/10

World Mental Health Day

10/25

National Rx Take Back Day

Did you know?

Each fall and spring, the University conducts a survey of all undergraduate and graduate students known as *Power of the Paw*, measuring well-being and belonging.

