

SFU Center for Well-Being is partnering with UPMC® for the students at Saint Francis University.



The SFU Center for Well-Being can help you balance your school and personal lives to become healthier, happier, and more productive.

- Transitioning to college life
- Improving communication
- Developing Time Management Skills
- Maintaining healthy relationships
- Learning how to resolve conflict
- Building on healthy life decisions
- Understanding drug or alcohol misuse
- Overcoming homesickness
- Managing anxiety
- Developing stress management techniques

SOAR
Summer Orientation & Academic Registration



workpartners



Support and Problem-Solving



- Private and confidential
- Our counselors can help you identify options and guide you toward success.
- Short-term counseling is available in person, by telephone, or virtually.

SOAR
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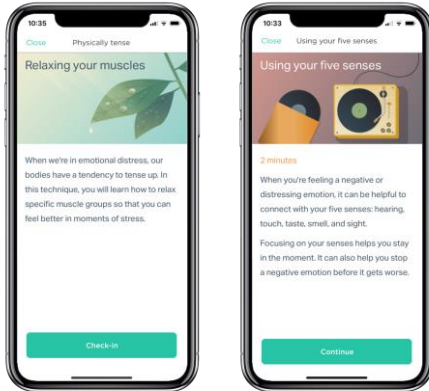
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Supportive Services



- **Professional financial assistance** (with a certified financial advisor):
 - Budgeting
 - Managing debt
 - Credit counseling
 - Student loans
- **Disruptive Event Management**
 - We can provide support through a crisis or any event that disrupts campus life. We do these via group and/ or individual forums.
- **We can provide trainings for all groups and events on campus.**
- **We have focused weekly activities and monthly trainings for students.**

Online Resources



- **RxWell App** has a path for you no matter what you're feeling. The app's interactive techniques can help you overcome common barriers to living your best life.
 - **Download the RxWell app from the Apple App store or Google Play to get started today!**



- **The Financial Fitness Center** offers a 10-minute Financial Fitness CHECK-UP™ to provide personalized recommendations.
- Our **website** provides resources to help students navigate higher education including:
 - Student Success
 - Student Health and Safety
 - Finances
 - Emotional Health
 - Fitness and Nutrition
 - After College



Contact Us

- **To schedule an appointment:**
 - Call 24/7 **814-472-3211**
 - Email **counseling@francis.edu**
- **For immediate assistance:**
 - Call the Saint Francis University Police at **814-472-3360**
 - Cambria County Crisis Hotline 988
- **For more resources:**
 - Get RAVE Guardian App 
 - Visit [work.partners/sfustudents](https://workpartners/sfustudents)