



WEEKLY UPDATE – March 14

Health and Wellness

This week's newsletter focuses on health and wellness and includes resources from Counseling and Psychological Services (CAPS) and Health Promotion Services (HPS). In the spirit of health and wellness, reminder that the University's spring break is coming up on **March 14–18**. We hope that you are able to take some time to rest and recharge during this time. During spring break, our office will remain open during regular business hours. As always, if you have questions related to immigration, you can **email ISSS** or **make a Zoom appointment with your ISSS adviser**.

Counseling and Psychological Services

USF's **Counseling and Psychological Services Center (CAPS)** is a great source of support for issues of sadness, anxiety, loneliness, college adjustment, relationship struggles, and other concerns not requiring medical intervention. All students are invited to join **CAPS' online workshops** or request a **consultation**. For the spring 2022 semester, CAPS continues to offer teletherapy services and remote workshops via confidential video or phone. Please note the regulations below regarding student locations. **Learn more about CAPS programs and services »**

- **Located outside of California:** Students outside of California, including in another country, can utilize the CAPS consultation services (not ongoing therapy), attend one of **CAPS workshops**, and access CAPS 24/7 by calling **(855) 531-0761**.
- **Located in California:** Students located in California are able to utilize any of CAPS services. You can also make an appointment by calling **(415) 422-6352**.

Health Promotion Services

The **Health Promotion Services Department (HPS)** is committed to fostering a vibrant and safe learning community. HPS offers a full range of services dedicated to promoting the health and wellness of the USF student body.

- **Educational offerings** - HPS offers health and wellness events for students to participate in throughout the year. **See what they're offering**.
- **Appointments** - You can schedule a Zoom appointment with an HPS staff member. **Schedule your appointment online**.
- **Health insurance** - Students on the USF-endorsed student health insurance through Aetna can phone or video chat with a doctor 24 hours a day using **Teladoc**, free of charge. Note that all USF students, regardless of insurance coverage, can use the **student health clinics**.



Warm Wishes for Holi

Our office wishes all students who are observing a happy and safe Holi. This holiday, also known as the Festival of Colors, celebrates spring, good harvests, and the return of bright colors following winter. May your Holi be filled with sweet moments and memories to cherish for years to come.



Koret Fitness Center

Koret Fitness Center offers USF students recreational sports activities, wellness programs, and fitness services to encourage teamwork, physical fitness, and resilience at USF. We encourage students to take advantage of all of the resources and activities the center offers. Reminder to bring a valid USF ID card to access the Koret Fitness Center. **View hours of operation and fitness class schedules »**

ISSS OFFICE RESOURCES

Requesting a Document from ISSS?

If you are requesting an immigration document or letter from our office, remember that we request **ten business days** to process requests. Make sure you plan accordingly so you have enough time to receive your document before you need it. **You can also make some document requests through online submission**.

Adviser Appointments and Workshops

Appointments can be made online. Please visit the **ISSS website** to schedule an appointment. Appointments are still booked in 30-minute increments.

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