

The HCC is dedicated to providing outreach and community engagement on campus related to many mental health and wellness topics in an effort to improve the overall psychological and emotional well-being of students. At your request, members of our staff will facilitate a workshop presentation for your student organizations, university departments, staff, and offices that serve Reed College students.

Examples of program topics typically requested include: information about the Health and Counseling Center services, stress management, depression, adjustment to college, communication skills, eating disorders/body image, suicide prevention, and harm reduction. Here is a description of workshop topics listed on the Outreach Request Form.

Ecotherapy Mindfulness Practice: We offer a variety of nature-based mindfulness experiences that can be modified depending on attendee preferences and accessibility needs. These practices will either be stationary or mindful walking experiences. The focus of these practices will be to strengthen your relationship with the land and nature and to transition from “thinking” to “sensing” and from “doing” to “being” which will help facilitate nonjudgmental present-moment focus, connection, self-reflection, and centering.

Eating Disorders 101: Are you interested in learning about the basics of eating disorders and eating disorder treatment? This introductory presentation goes into the types, risk factors, misconceptions, and ways to support individuals who are experiencing disordered eating or an eating disorder.

Harm Reduction: Learn about harm reduction and the specific services offered at the HCC geared towards keeping the Reed community healthy and safe.

Insurance 101: Join us for an interactive presentation where you will learn the basics of navigating health insurance! Health insurance can be complex. This presentation will introduce common terminology, how to use your insurance, and how to understand the cost of services both at the HCC and elsewhere.

Narcan Training: Learn how to recognize and respond to the signs of opiate overdose using Narcan. Narcan is a life-saving medication that can rapidly reverse opiate overdose

QPR Training: QPR stands for Question, Persuade, and Refer — 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Sleep: Learn about the impact of sleep on your physical and mental health through a fun and interactive presentation. Walk away with concrete steps you can take to improve your sleep.

[Outreach Request Form](#)