



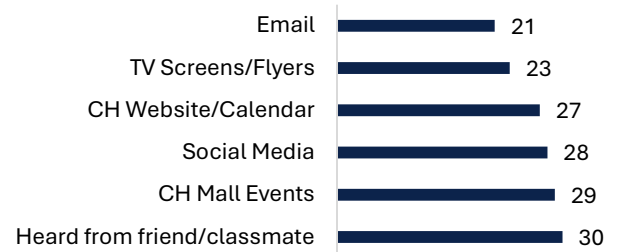
Health Promotion Hideaway Quick Look

Health Promotion Hideaway Survey Spring 2025 (N=92)

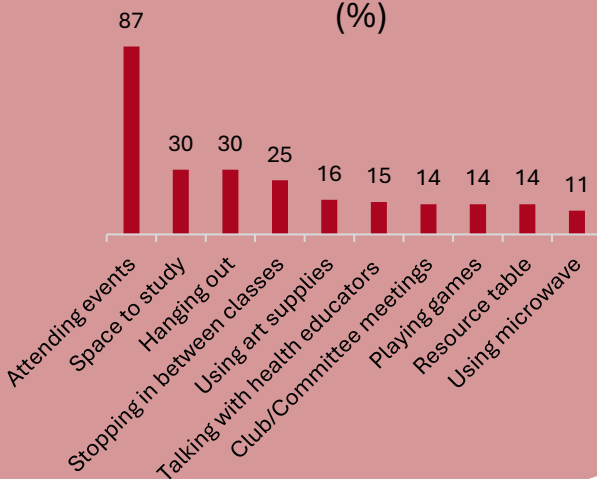
Key Insights:

- **Pa(w)se for Pets** (53%) and **Chats with Cats** (49%) are the most **popular** Hideaway events and leave students with **memorable moments**
- A space for **stress relief** is the highest reported **benefit** (65%) students experienced by spending time at the Hideaway
- Students would like to **learn more** about **nutrition and stress management techniques** through Hideaway programming
- Almost 1 in 3 students learned something new about the services at Campus Health (CH)

How Students Heard About the Hideaway (%)



How Students Used the Hideaway (%)



65% of students found a space for **stress relief** at the Health Promotion



20% of students **learned something new** about **health and wellness**

19% of students visit the Health Promotion Hideaway **once a month**

59% of students found the Health Promotion Hideaway to be a **welcoming space**



30% of students made **new connections or friends** while using the Hideaway space

32% of students **learned something new** about the **services** at **Campus Health**

What health and wellness topics would you like to learn more about?

“Being able to do a Q&A session with a psych provider may be helpful in destigmatizing mental health and encouraging students to reach out when they or their peers need help.”

“Stress management, as a psychology major, anything mental health related is always interesting to me and learning about those really help me.”

“I wish there were more QPR trainings, because I've wanted to attend one of the trainings but they're always at times when I'm in class.”

What was your favorite or most memorable moment at the Health Promotion Hideaway?

“Being able to stop in there and talk to Amy and Ryley. I was going through a tough time, and they make it a lot easier to get through the day.”

“I really enjoyed learning about the Suicide Prevention Awareness efforts and projects through Active Minds as we made a giant friendship bracelet display for the event on the mall. It was also really nice volunteering for the event...”

“Bringing people together and providing a safe space for questions.”

Did you learn anything new by visiting the Health Promotion Hideaway, if so, what?

“I learned that they host different types of events, and now I know they have a fridge and a microwave open to use.”

“I learned about and became QPR certified!”

“I learned more about self-care plans.”

“I've learned new coping mechanisms.”

What suggestions do you have for the Health Promotion Hideaway?

“A calendar with all the specific events on it with times and activities that you can print out.”

“Just rotate the days/times for the events so all students have access to the activities.”

“Maybe see how to be more vocal about events? I would love to go to more of them, but I didn't know some of them existed. I learned about the after dark event and the cats here in this survey, for instance.”

“Please continue to promote these events!! I finished my undergraduate degree in December 2022 and learned about the Hideaway's existence and all of the events and resources they have available only after I graduated and started working full-time at UA, I wished I had known more about these things when I was an undergrad.”