WAVES
(Wellness, Alcohol and Violence Education and Services)

About WAVES
WAVES believes students are most successful when healthy and happy, and we support students in finding that balance for themselves. WAVES helps students develop and maintain healthy lifestyles through one to one support, interactive programs and resources. For tips on finding balance in your life visit http://waves.gmu.edu/wellness/.

WAVES provides training and materials about:
• healthy relationships
• stress management
• nutrition
• sexual assault
• drug and alcohol use
• sexual health
• dating/domestic violence
• stalking
• bystander engagement

Services
WAVES offers a confidential alcohol and/or marijuana eCHECKUP survey as a self-assessment tool providing students with accurate and personalized feedback about individual pattern of use, risk patterns, personal aspirations and goals and helpful resources at Mason and in the community. WAVES staff is available for counseling and support services for substance abuse. To view these confidential surveys visit: http://waves.gmu.edu/alcohol-tobacco-and-other-drugs/.

WAVES Interpersonal Violence (IPV) staff and advocates are available 24-hours a day, seven days a week to offer confidential support to any survivor of sexual or intimate partner violence or stalking. We are a primary resource for individuals reporting both recent and past incidents of violence. WAVES offers academic intervention and emergency housing assistance as well as resources for psychological, medical, legal and judicial support and information for survivors of interpersonal violence.

All services are kept confidential until a client requests assistance from other agencies or offices.

For more information about WAVES at Mason please visit waves.gmu.edu.