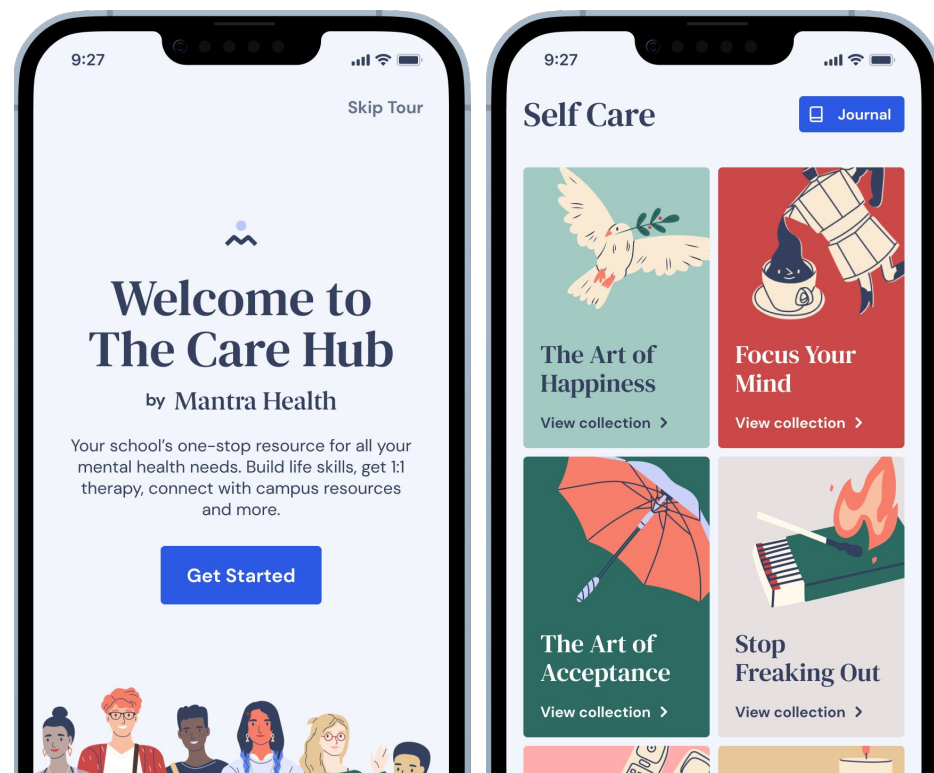


Frequently Asked Questions About Mantra Health

We've partnered with digital mental health provider Mantra Health to bring students high-quality virtual mental health care, which can be accessed through the Care Hub.



Above graphic: Manta Health's Care Hub and Self Care modules.

What mental health & wellness services are available to students?

	Self Care	Short, self-guided wellness courses for students, which can help reduce stress, navigate difficult situations, and build healthy relationships
	Emotional Wellness Coaching	Short-term, goal-oriented intervention for students wanting self-management strategies
	Peer-to-Peer Support	Judgment-free, inclusive, and confidential community of student peers powered by Togetherall
	Therapy	Holistic, evidence-based care provided by a highly trained therapist who understands the student experience
	ConnectNow	In-the-moment support and problem solving with a mental health professional
	24/7 Crisis Support	Crisis support staff available via phone for students in distress