

Digital + Free

WELL-BEING RESOURCES



*A mindfulness app
to help you learn to
manage stress*



*An online peer network to give &
get mental health support*



Find Community Providers

*Making it easy for you
to connect with off-
campus mental
health care in person
and online*



Virtual
Mental
Health
Services



*Connect remotely with a live
counselor from anywhere*

well-being.uga.edu

*Supporting student
well-being, any
time, any place*



Well-Being Resources
UNIVERSITY OF GEORGIA