Mental Health Resources

**Christie Campus Health**
Get 24/7 access to counselors and mental health resources

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

**RINTS UGA’s Counseling Referral System**
Search for mental health providers based on your preferences

**Learn to build meaningful social connections on the Nod app**

**SilverCloud**
Learn ways to support your mental health through self-guided modules

**TogetherAll**
An online peer network to give and get mental health support

Well-Being Resources
University of Georgia

Learn more at well-being.uga.edu