Digital + Free
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
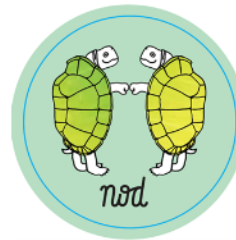
RINTS — UGA's Counseling Referral System

Search for mental health providers based on your preferences

Learn to build meaningful social connections on the Nod app

nod

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

SilverCloud

togetherall

An online peer network to give and get mental health support

Well-Being Resources
UNIVERSITY OF GEORGIA

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