



WELLCONNECT OVERVIEW

Become a better you.

You don't have to handle everything on your own.

Let's be real: life can be tough. When your responsibilities start to feel overwhelming and it's hard to make it through the day with a smile on your face, it's important to reach out for help. You can lean on your free and confidential WellConnect well-being program for support.

We've got your back.

A free benefit from your school, WellConnect can help you or anyone in your household:

- Balance school, home and life
- Receive support when you don't feel like yourself
- Get help with responsibilities that are distracting or stressful
- Grow personal, academic and career skills
- Be a caring, loving friend and family member
- Receive care after a traumatic event or diagnosis
- Make healthy lifestyle choices
- Improve and inspire daily life

We're here for you, always.

Life happens, regardless of the day or time. That's why we make ourselves available 24/7, even on holidays. So whenever you need to reach out, we're here for you.



Support line
Call anytime
866-640-4777



Mobile app
Search for
WellConnect
For You



Web
Visit WellConnectForYou.com
for resources

SERVICES

- ☑ **Counseling**
 - In-person
 - Telephone
 - Text messaging
 - In-the-moment
 - Video
- ☑ **Referrals for:**
 - Local resources
 - Daily living
 - Utilities
 - Childcare
- ☑ **Consultations on:**
 - Finances
 - Legal needs
 - Life
 - Health & wellness
- ☑ **Online resources**
 - Articles
& assessments
 - Webinars
 - Financial calculators

Take the first step today.

WellConnectForYou.com

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