



MENTAL HEALTH & WELL-BEING

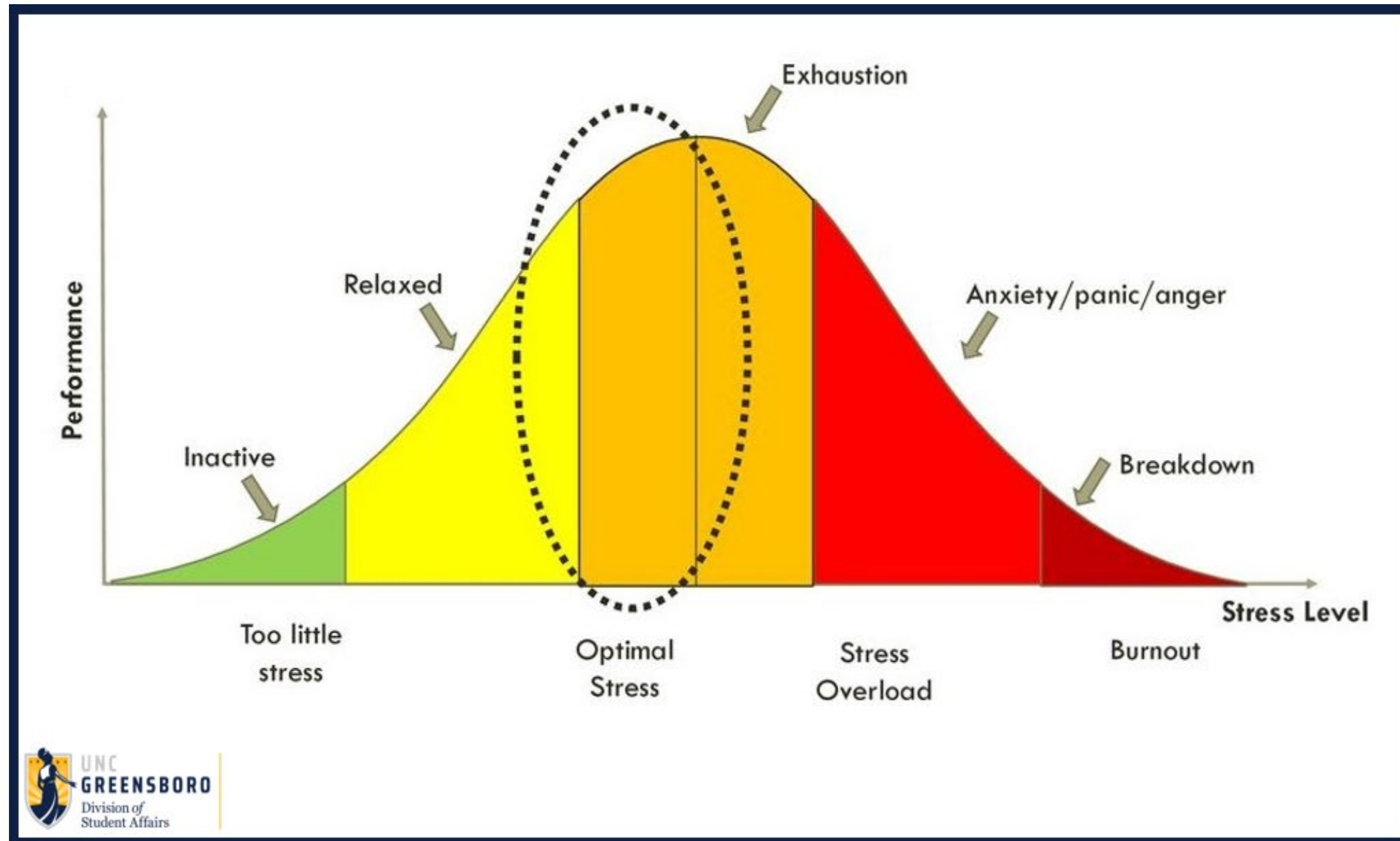
COLLEGE: The Time of Your Life!?!

- New Friends
- Independence
- Freedom
- Dating
- Academics
- Living Away from Home
- eSports
- Campus Life

SOAR
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COLLEGE: The Time of Your Life?!?



FIND YOUR WELL-BEING HERE



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If it is on your mind, it is on togetherall



The Power of Community



FREE online peer
community to
support your
mental health



SCAN TO JOIN FOR
FREE TODAY

16+ togetherall.com

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COUNSELING & PSYCHOLOGICAL SERVICES

- Same Day Services
- Groups, Workshops, Individual Therapy
- Psychiatry Services
- Suicide Prevention & MH Training
- Spartan Recovery
- Campus Violence Response Center

24/7 URGENT & CRISIS SERVICES

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WellTrack

Interactive Self-Help Therapy

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Download on
iTunes



GET IT ON
Google Play


MENTAL HEALTH & WELL-BEING SERVICES



Gove
Student Health
Services

107 Gray Dr.

Across from
Moore-Strong
Residence Hall



Clinic Hours:
Monday – Friday
8:00 AM – 5:00 pm

24/7
Urgent &
Crisis Services

336.335.5874



@uncg_counselingservices

@uncg_studentwellbeing

@uncg_cvrc

@srpuncg

COLLEGE: The time of your life!

Check in with Yourself
and What You Need



Spartan Recovery

Have a Self-Care Plan



Spartan Well-Being

Use Your Resources!



Campus Violence
Response Center

It's OK to Ask for Help!



Counseling &
Psychological Services

FIND YOUR SUPPORT
HERE!

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