

DID YOU KNOW?

Your school offers **WellConnect** – a free, confidential student well-being program available to you and your household members.

WELLCONNECTSM
POWERED BY NEW DIRECTIONS



With WellConnect you have access to:

- ✓ 24-hour telephonic support from licensed mental health professionals
- ✓ free sessions of short-term face-to-face, telephonic or video counseling
- ✓ Professional help to address emotional stressors, test anxiety, relationship issues and more
- ✓ Legal and financial consultations
- ✓ Referrals for things like housing, utilities, childcare and other local resources
- ✓ Health and wellness consultations
- ✓ A website featuring articles, assessments, webinars, financial calculators, skill builders and other self-help tools