



## 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



**Web**  
Visit [WellConnectForYou.com](http://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**

**866-640-4777**