



Navigating Financial Stress with Oasis Support



Oasis knows that finances can be stressful! The Oasis platform is here to help you alleviate stress and learn how to manage anxiety.

Learn more about time management, healthy boundaries, and how to prepare for your future by viewing the Oasis library of articles, tips, exercises, and videos.

Reach out to an Oasis Support Counselor to receive emotional support!



Suggested Self-Care Content

- Anxiety: The Basics
- Anxiety: Self-Care and Wellbeing Strategies for Students and Young Adults
- Identifying Areas Where You May Need Help

Oasis is a free mental health resource to students at your School.



Scan to download the App!

