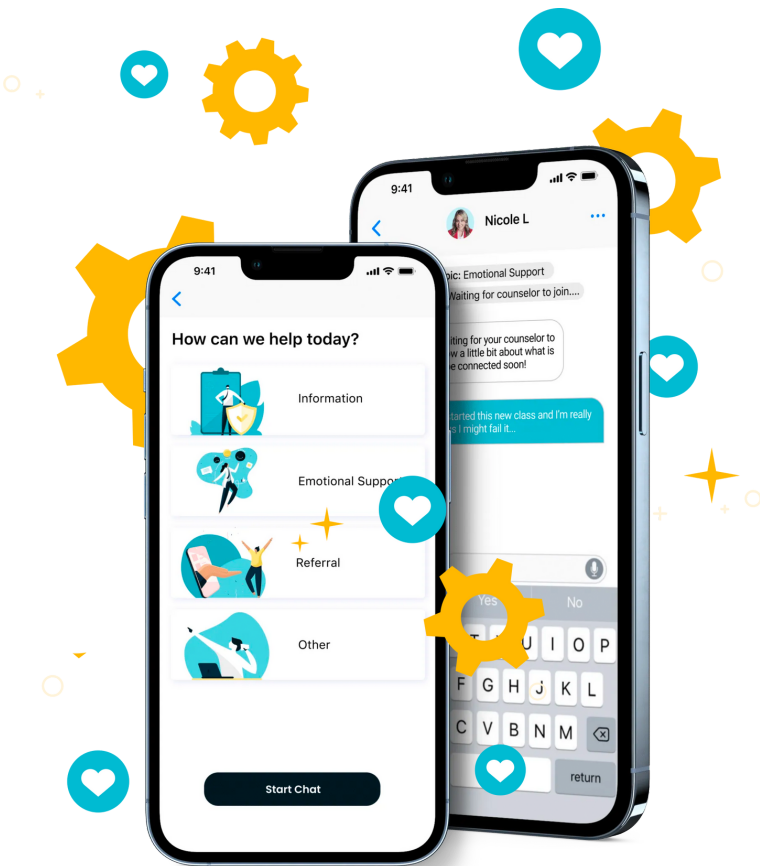




# Fostering your Wellness with Health Services



Visit the Oasis platform for information to aid in your journey towards healthy, balanced mental and physical health.

Learn about a variety of different mental health conditions, while watching videos, exercises, and developing relaxation techniques to improve your outlook.

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



## Suggested Self-Care Content

- How to Practice Mindfulness
- What is Therapy & What to Expect in Therapy
- What are Mental Health Disorders and Conditions?
- Healthy Sleep: How to Get More Restful and Nourishing Sleep
- Chronic Illness

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



Scan to download the App!

