



OASIS

Bridging Cultures with Oasis Support for International Students

Oasis is here as a resource to the International Student Services Office to support your mental health needs.

Oasis provides tips, videos, exercises, and articles for coping with big changes as you adjust to college life, new social interactions, and roommates.

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



Suggested Self-Care Content

- International Students: Basics
- International Students: Making Connections & Building Relationships
- International Students: Culture Shock & Homesickness
- International Students: Independence & Isolation
- Wellbeing Strategies for International Student's Mental Health

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



Scan to download the App!

