



Elevating Student-Athlete Wellness

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

Oasis has videos, exercises, and tips to help you prepare for game day.

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



Scan to download the Oasis App!



Suggested Self-Care Content

- Fitting It All In: Time Management Strategies for Student Athletes
- Managing Anxiety as a Student Athlete
- Student Athletes, How Burnt Out are You?
- Managing Disappointments in Sports as a Student Athlete
- Perfectionism: A Soul Crusher for Student Athletes



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