I'm Experiencing...

What are you Experiencing?
Find out information as well as where, when, and how to find help by choosing the brain below that highlights what you are experiencing.

[1]
I'm Experiencing...

Published on Mental Well-being (https://www.uoguelph.ca/mentalwellbeing)

Brain Images By Christina Hotz, CSA Graphic Designer

© 2019 University of Guelph

Source URL: https://www.uoguelph.ca/mentalwellbeing/panel/im-experiencing

Links
[1] https://www.uoguelph.ca/mentalwellbeing/relationship-difficulties
[2] https://www.uoguelph.ca/mentalwellbeing/sleep-difficulties