Welcome!

The University of Guelph provides programs and services in order to help students achieve a healthy student lifestyle. We encourage you to explore this site to find resources that will help you live well to learn well!

Get Help [1]

- Academic Support [2]
- Counselling and Support [3]
- Financial Support [4]
- Health Care [5]
- Mental Health Resources (Library) [6]

Get Involved [7]

- Have Fun [8]
- Jobs and Career [9]
- Volunteer [10]
- Campus Events [11]

Healthy Living
• **Exercise** [12]
• **Nutrition** [13]
• **Spirituality** [14]
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I'm Feeling... [17]

I'm Feeling... [17]

Help Someone [18]

Help Someone [18]

There are many services and resources on campus designed to help students navigate their way through any issues or concerns that may arise. It’s important to note that you can use these services to seek support for your own needs or to seek guidance when helping someone else.