[Music]

Did you know last year 93.1% of University of Guelph students felt overwhelmed by all they had to do?

89.3% felt exhausted,
70.6% felt sad,
65.5% felt lonely,
25.8% felt anxious,
40.9% felt stressed.

At the University of Guelph, we offer a number of services for you to thrive in your personal wellness.

Why?

Because we all want to live well.

Because even if you feel well,

A friend, family member, classmate, might not.

So, everyone needs to have the basic knowledge

To ask for help,

To help someone you know,

To live well.

So, are you feeling

[Pictures of brains with words in them]

Anxious? Stressed? Lonely? Sad?

We can help.

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Source URL: https://www.uoguelph.ca/mentalwellbeing/live-well-video-transcript