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.