[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.