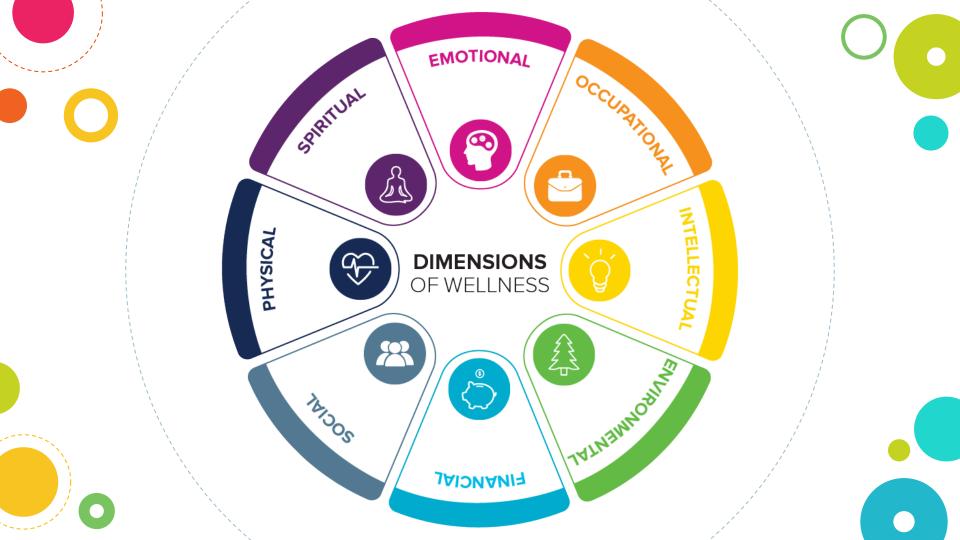
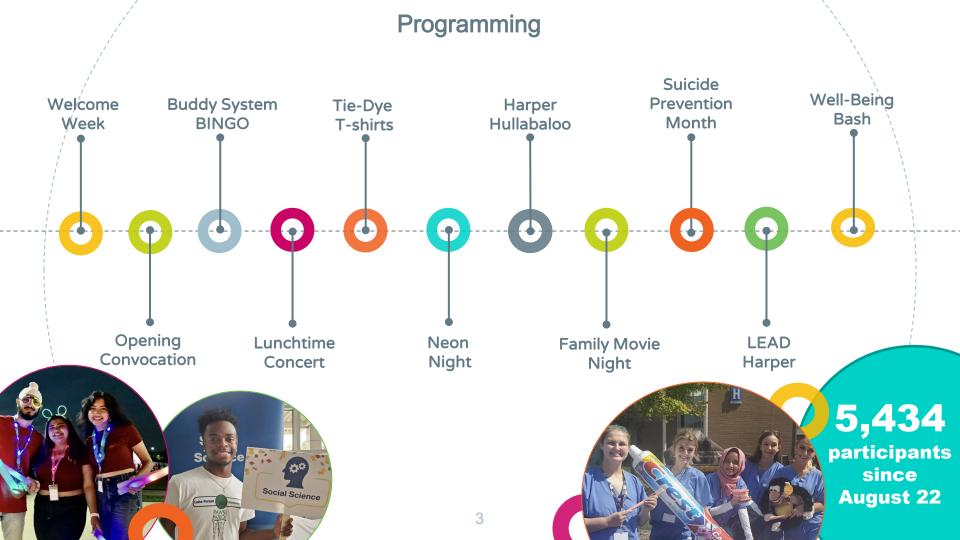


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Spotlight Program: T he Buddy System

- Develop a sense of belonging
- Matched based on interests
- Resource sharing
- Increased Persistence





## Spotlight Program: WellTrack

- 24/7 access to mental health support and resources
- 2,000 log-ins



## WellTrack

Interactive Self-Help Therapy



## Interactive Self-Help Therapy

Join the community of over 1,000,000 students who have access to WellTrack.

Register for a WellTrack account to explore self-help videos and tools at your own pace.





Deal with stress, anxiety and depression



Monitor your mood



Assess your mental health



Connect to

Download the WellTrack app and register







## Thank You

Any questions?



Harper Happenings

















