

Dear Students,

As we navigate through our academic journey, it is essential to prioritize our mental and emotional well-being. To support you in this, we have compiled a list of self-care resources that you may find helpful.

Online Resources

- [Mindfulness Techniques](#)
- [Meditation and Relaxation](#)
- [Crisis Support](#)

Campus Resources

- Counseling Center: *Contact at (555) 012-3456*
- Wellness Workshops: *Check our website for schedule*
- Student Support Groups: *Every Tuesday at 5 PM in Room 101*

Remember, taking care of yourself is not a luxury, but a necessity. Don't hesitate to reach out if you need support.

Best regards,

Your Student Wellness Team