

*navigating
mental health
at university*



academic struggles

- it is okay to not do okay in your courses
- imposter syndrome
- seeking support/help
- tips on staying organized
- prioritizing tasks and finding balance



social hurdles

- you're not able to find your people or are unable to maintain relations because of time constraints
- you find yourself relying on them to maintain your mental health



campus resources

- **academic support:** advisors, SSO
- **therapy:** counselling, Empower Me
- **community support:** Glow Center, RAISE
- **peer support:** LLCs, UW Mates



supporting yourself

- where do you direct your frustration?
- find out the reason behind 'impulses'
- what if it was somebody else?
- be with yourself instead of against



THANK YOU!

*Don't hesitate to ask
any questions!*

