

Support student success and well-being



Connect students to school-sponsored mental health and wellness services.

UW-Parkside has partnered with digital mental health provider Mantra Health to bring students an extended suite of accessible, diverse, high-quality care.

Students can set and reach goals, regulate their emotions, and improve their relationships, which will help with academic performance, student persistence, and retention.



Self Care

Short, self-guided wellness courses for improving students' life skills



Coaching

Short-term, goal-oriented intervention for students



Therapy & Psychiatry

Holistic, evidence-based care provided by a highly trained clinician who understands the student experience.



ConnectNow

In-the-moment support and problem solving



24/7 Crisis Support

Crisis support staff available via phone

Access the Care Hub anytime, anywhere.

Refer students today!

