

**Online Mental Health Resource** provided by the university-sponsored insurance plan is now **Available to ALL students even if you are not on the school insurance:**

As our campus community adapts in response to the COVID-19 outbreak, it's normal to feel stressed, anxious or overwhelmed. As part of our commitment to our students' whole health, we're working with SilverCloud, a clinically proven online mental health platform, to offer programs that build resilience, help you manage anxiety or depression, and help you develop skills to manage stress and sleep issues. Based on cognitive behavioral therapy (CBT), mindfulness and positive psychology, these action-oriented programs build self-awareness and self-management skills for your emotional health.

To sign up, please visit <https://gsh.silvercloudhealth.com/signup> and choose Wesleyan University from the dropdown list to get started.

Please note, to confirm your eligibility, you will need to use your school-issued .edu email address. This service is confidential and your e-mail address will not be used outside of the SilverCloud platform.

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