

Be Well Week

— 2020 —

Office of Care & Civility and the Quality
Enhancement Plan



Mindful Self-Compassion
with *Wayne Martin, LCSW*

Online Workshop link coming up soon!!



Stress Management
with *Jeremy Joseph, MS*

Online Workshop link coming up soon!!



Click [HERE](#) or Scan the QR code to learn
more about the Quality Enhancement
Plan

Resources:

WellConnect Student Assistance Program:

6 Free counseling sessions
for students and family
members that live in the
same household

24/7 Phone: 866-640-4777

Website:

wellconnectbysrs.com

Code: UNTHSC

Student Food Pantry:

Locations-

SSC 232 & LIB 450 (Please verify
the timings at unthsc.edu prior
to making a trip to campus)

**Click [HERE](#) to try easy recipes
using food pantry items!!**

Care Team:

Contact: 817-735-2740
CareTeam@unthsc.edu

BE | WELL