



# PANTHER STRONG: YOUR MENTAL HEALTH MATTERS!

**HEY PANTHERS!** 

**LIFE CAN GET STRESSFUL, WHETHER IT'S CLASSES, FAMILY, RELATIONSHIPS, OR JUST FEELING OFF. YOU'RE NOT ALONE.**

 **OUR ON-CAMPUS COUNSELING & MENTAL HEALTH SUPPORT TEAM IS HERE TO HELP YOU HANDLE IT—NO JUDGMENT, JUST SUPPORT.**

**"EVEN PANTHERS NEED TO RECHARGE. TALK IT OUT. WE'VE GOT YOUR BACK."**

 **CONFIDENTIAL. NO PRESSURE.**

**NEED SUPPORT? SCAN THE QR CODE.**

