

**get involved in
creating a culture of
care and compassion
at Carolina**

care.unc.edu



**find the mental health
resource that fits your
needs best**

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chat with a student
peer supporter to ask
questions and find
resources

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learn strategies to
help you and your
community stay
healthy and well
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**submit a care referral
for a student who
might need a bit of
extra support**
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take an online
self-assessment to
learn more about your
mental health
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