

# How to access:

## Averett Mental Health



### 24/7 Support Line

- Licensed clinicians answer student calls
- Risk assessment, in-the-moment support, and connecting students to next additional resources
- Customizable schedule—nights, weekends, and/or days
- Available to students in the U.S.
- **Call: 833-434-1217**



### Treatment Options

- Broad network of providers allows access to counselors via telehealth or face-to-face community visits
- Allows for access in all 50 states
- 5 free visits are offered to students
- **Call the 24/7 support line for assessment & referral at 833-434-1217**



### Wellness Hub

- Best-in-class custom content designed for students
- Access to videos, written content, and self-assessments
- Contributors include JED Foundation, Mass General Hospital Clay Center
- **Visit: [connectwellnesshub.com](https://connectwellnesshub.com) or download CampusWell in any app store and select Averett University**



### Headspace

- The leading meditation and mindfulness app that helps students build coping and resiliency skills.
- The Headspace app offers more than 1,000 hours of mindfulness and mental well-being content.
- Has been shown to have favorable outcomes such as reduced stress, increased resilience, increased positivity and improved satisfaction with life.
- **Students can access through <https://work.headspace.com/averett/member-enroll>**