



# GETTING HELP FOR YOUR MENTAL WELLNESS

- Are you experiencing stress, burnout, anxiety or depression?
- Are you struggling with unhealthy coping or substance use?
- Are you in a crisis?



Students can connect with Counseling Services at [buffalo.edu/get-counseling-help](https://buffalo.edu/get-counseling-help) or 716-645-2720.

Together, we are  
finding support.

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