

LiveWell Newsletter



Scan the code to access all of the resources below.

Online Resources For Students



Self Help Portal

- Unlimited FREE use for students
- Self checks
- Goals worksheet
- Confidential!



youlivewellccu.com



- MedicalNow
- Health Coaching
- TalkNow
- Free workshops
- Counseling

<https://timely.md/?nonitro=1>



Want to learn how to help a friend?
 QPR stands for, "Question, Persuade, Refer".
 Here's the link to the FREE training
 for students, faculty & Staff:

<https://train.coastal.edu/course/view.php?id=140>



Have you seen someone Step Up! at CCU?
 Nominate them to be a
 StepUp! Champion here:

<https://www.coastal.edu/app/livewell/stepup/>

Follow us on social media!

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