

# STATEMENT ON MENTAL WELLNESS



As a student, you may experience a range of challenges that can interfere with learning, such as strained relationships, increased anxiety, substance use, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may diminish your academic performance and/or reduce your ability to participate in daily activities. The faculty & staff of Hampton University are here to help you. You can learn more about the Hampton University Student Counseling Center, and confidential mental health services available to you during this time at <http://www.hamptonu.edu/student-services/counseling>

## CONTACT US

If you'd like to schedule a free & confidential appointment to speak with one of our counselors, please call us.

**Phone:** 757-727-5617

**Instagram:** @hustudentcounseling

**Email:** [studentcounseling@hamptonu.edu](mailto:studentcounseling@hamptonu.edu)

**Hours of Operation:** Mon-Fri 8:00am - 5:00pm

### TANGLED UP INSIDE?

Get mobile-friendly help for stress, anxiety and depression that fits around your busy life  
...anytime, anywhere.

For completely private online self-help 24/7 sign up with your university email address at this url:  
[ThePath.TAOconnect.org](http://ThePath.TAOconnect.org)



### THERAPY ASSISTANCE ONLINE (TAO)



TAO Connect is a purely self-guided tool, consisting of educational and interactive modules, practice tools, journals and progress measures. TAO's self-help option allows you to move through the courses at your own pace, when you're feeling down and need encouragement, or visiting our mindfulness library when you need a moment to meditate.