

Take control of your mental well-being

Get all-in-one access to free mental health & wellness support via the Care Hub.*



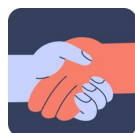
Above graphic: Manta Health's Self Care modules and one-on-one care.

What's included:



Self Care

Short, self-guided wellness courses for students wanting to improve their life skills anytime, anywhere.



Peer Support

Judgment-free, inclusive, and confidential community of student peers powered by Togetherall.



Emotional Wellness Coaching

Short-term, goal-oriented intervention for students wanting self-management strategies.



Therapy

Holistic, evidence-based care provided by highly trained providers who understand the student experience.



ConnectNow

In-the-moment support and problem solving with an experienced mental health professional.



24/7 Crisis Support

Crisis support staff available via phone.



4.9 star rating from students

"I had nothing but positive experiences with Mantra as a whole; my therapist was amazing, the referrals were always fast and helpful, and the care navigators were great, too."



Sign up for the Care Hub to get started!

Use your .edu email address.

*Up to 12 therapy sessions per year