

How to Recognize Signs of Stress & Burnout in Your Student



Warning Signs Include:

Changes in mood or behavior

(irritability, isolation, lack of interest in activities)

Declining academic performance

Complaints about physical symptoms

(headaches, trouble sleeping, or stomach issues)

Intense emotional reactions or social withdrawal

Using TimelyCare: Free Resource for Students

TalkNow

24/7 mental health support—no appointment needed.

Scheduled Counseling

Book sessions with licensed counselors.

Psychiatry

Medication support by referral from TimelyCare or CAPS.

Health Coaching

Set well-being goals with a certified coach.

Self-Care

On-demand videos, tools, and peer support for mental well-being

