**TimelyCare - Social media captions**

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**Caption 1:**

Mason students now have access to free virtual mental health care services through TimelyCare. Resources include Scheduled Counseling, Health Coaching, Psychiatry, Self-Care content, and TalkNow - a 24/7 support line for students.

Want to learn more? If you have questions about how to get access, visit [ulife.gmu.edu/timely-care/](https://ulife.gmu.edu/timely-care/)

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**Caption 2:**

TimelyCare is so easy to use! Get virtual mental health support – when you need it, wherever you are.

It’s for students - for free. Find out more online at [ulife.gmu.edu/timely-care/](https://ulife.gmu.edu/timely-care/)

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**Caption 3**

TimelyCare is here for Patriots. Mason students have 24/7 access to these FREE virtual mental health services.

When you need it.

Where you need it.

Find out more at [ulife.gmu.edu/timely-care/](https://ulife.gmu.edu/timely-care/)

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**Caption 4**

#DYK? TimelyCare travels with you no matter where you go. Get the mental health support you need anytime, anywhere. Register on the app today!

More details at [ulife.gmu.edu/timely-care/](https://ulife.gmu.edu/timely-care/)

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**Caption 5**

Got Wi-Fi? Get care!

Log on to TimelyCare and you can talk to a licensed mental health professional about anything from test stress to social anxiety, and more. TimelyCare has your back!

Visit us online at [ulife.gmu.edu/timely-care/](https://ulife.gmu.edu/timely-care/)for more