

Support student success & well-being

Connect students to school-sponsored
mental health & wellness services.



Minnesota State has partnered with digital mental health provider Mantra Health to bring students an extended suite of accessible, diverse, high-quality care.

Students can set and reach goals, regulate their emotions, and improve their relationships, which will help with academic performance, student persistence, and retention.



Self Care

Short, self-guided wellness courses for improving students' life skills



Emotional Wellness Coaching

Short-term, goal-oriented intervention for students



Peer-to-Peer Support

Judgement-free, inclusive, 24/7 clinically moderated community



Therapy

Holistic, evidence-based care provided by highly trained providers



ConnectNow

In-the-moment support and problem solving



24/7 Crisis Support

Crisis support staff available via phone

Access the Care Hub
anytime, anywhere.

Refer students today!

