

WELLNESS RESOURCES

USD Online



 <p>Register with your USD email at timelycare.com/USD</p>	<p>24/7, FREE telehealth services for USD students to address common conditions that can be safely diagnosed and treated remotely. View TimelyCare FAQs here.</p> <ul style="list-style-type: none">• Live and on-demand self-care sessions• Access to on-demand counselors for emotional health support• Access to schedule a session with a licensed counselor (up to 12 times per year)
<h3>Coping with Stress</h3> <p>Virtual Modules</p>	<p>A self-paced online exploration of various coping mechanisms to help you learn how to better manage stress. Contact wellness@sandiego.edu for access to this FREE resource and click here to learn more.</p>
<h3>Student Wellness</h3> <p>Groups</p>	<p>Student Wellness Groups, led by the USD Counseling Center, are available to students to self-join and connect with other Graduate students at USD. Some groups meet on campus, but there are remote participation opportunities as well.</p>
<h3>Disability and Learning</h3> <p>Difference Resource Center (DLDRC)</p>	<p>Students with chronic or temporary disabilities that impact their ability to access academic material can connect with the DLDRC for support with accommodations. Request services and learn more at https://www.sandiego.edu/disability/</p>

PRIORITIZE YOUR HEALTH & WELLNESS

[Be Well USD](#) is a caring and inclusive space for students, faculty, staff and families who are committed to the health and wellness of the USD community. You can find information and resources about life skills, mental health and suicide prevention on this website.

[Academic Success](#)

[Mental Health](#)

[Physical Health](#)

[Well Being](#)

It is helpful to be aware of what support is available before a mental health crisis occurs. If you or a classmate may benefit from any of these resources, please share and raise awareness.

Questions? Email studentsuccess@sandiego.edu