

Support student success & well-being



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

The University of Wisconsin–La Crosse 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 — all of which can help with academic performance, student persistence and retention.



Self Care

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



Peer Support

Anonymous 24/7 peer-to-peer support, powered by Togetherall.



Coaching

Short-term, goal-oriented support tailored to Emotional Wellness or Productivity.



Therapy

Fifty-state, holistic, evidence-based care provided by a highly trained therapist who understands the student experience.



ConnectNow

On-demand support from mental health professionals. Video available daily 11am–11pm CT, phone available 24/7.



Psychiatry

Specialized psychiatric care is available for students managing conditions such as anxiety, depression, and bipolar disorder.

**Access the Care Hub
anytime, anywhere.**

Refer students today!

