The Well-Being Platform for Higher Education

Personalized wellness for your entire campus — 24/7.

Our Impact

100% of students agreed that the YOU platform is a valuable tool

93% of students said the resources are relevant to their identity(ies)

69% of students learned a new skill (77% among students of color)

82% of students who learned a new skill have practiced that skill

TOP SKILLS LEARNED: 📚 PRODUCTIVE STUDY HABITS ☑ CAREER GOAL SETTING ☑ STRESS MANAGEMENT

Independent Evaluation: YOU Pilot Assessment, CSU Fullerton, Spring 2020

What Students are Saying about YOU

“I enjoyed how this portal is able to adapt and customize to my experiences/needs and provide me resources for what I am struggling with at the time.” - Student Body Government Representative

“Everyone is going through something, so it helps to know that wherever we are in our college years, we can always have this website to go to for a self-help resource.” - Student Leader

“This website has been an excellent resource and is incredibly helpful. All of the advice given was positive and insightful, and I’ve started looking into a few of the resources offered.” - Senior Physics Student

Bring YOU to Your Campus

Request a demo, discuss partnerships, and learn about our research.

YOUatCollege.com
inquiries@gritdigitalhealth.com
How YOU Supports Campus Well-Being

1. Anonymous and available 24/7/365
2. A comprehensive well-being model

Connects to the right supports at the right time, increasing efficacy and reach of existing campus resources

Serves as a cross-department initiative to bolster student resilience, well-being and success

Supports counseling centers in meeting increasing demand for services

Leads to happier, healthier and more successful students, supporting retention initiatives

YOU for Faculty and Staff

The first well-being platform to address the unique well-being needs of faculty and staff, bolstering skills in supporting students, while expanding the reach of HR supports

200+ Campus Partners

YOU is at university systems, as well as public, private, professional and community colleges ranging in size from 200-100,000 students.

2,500+ Pieces of Content

Vetted by psychologists, higher education experts and students.

Get Social with YOU

@YOU at College  @YOUatCollege  @youatcollege  @YOU_atcollege