



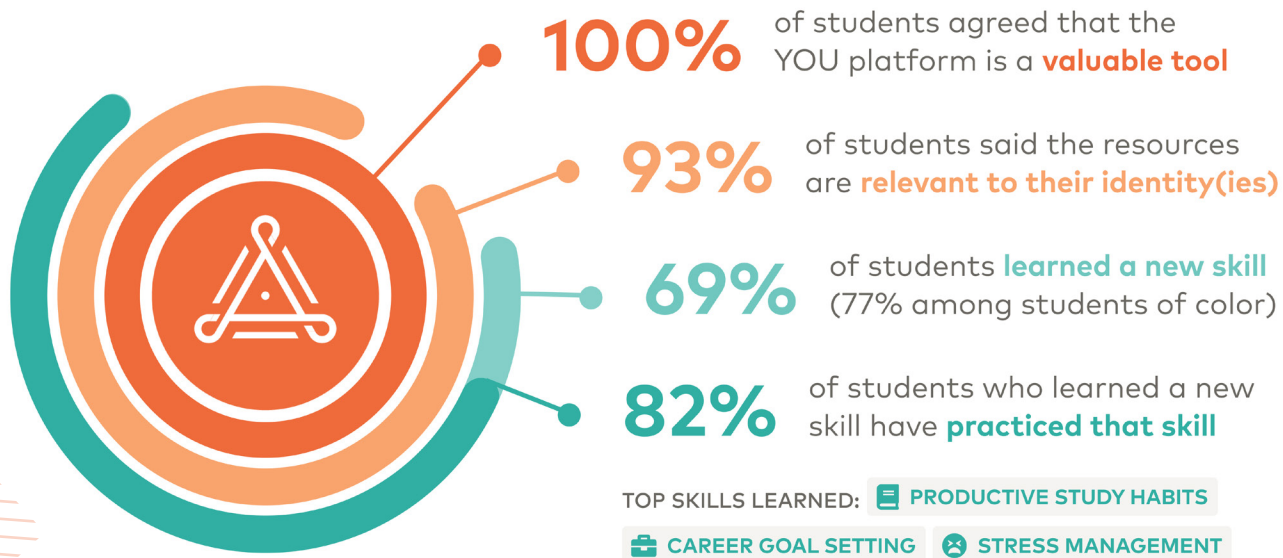
YOU

at COLLEGE

The Well-Being Platform for Higher Education

Personalized wellness for your entire campus — 24/7.

Our Impact



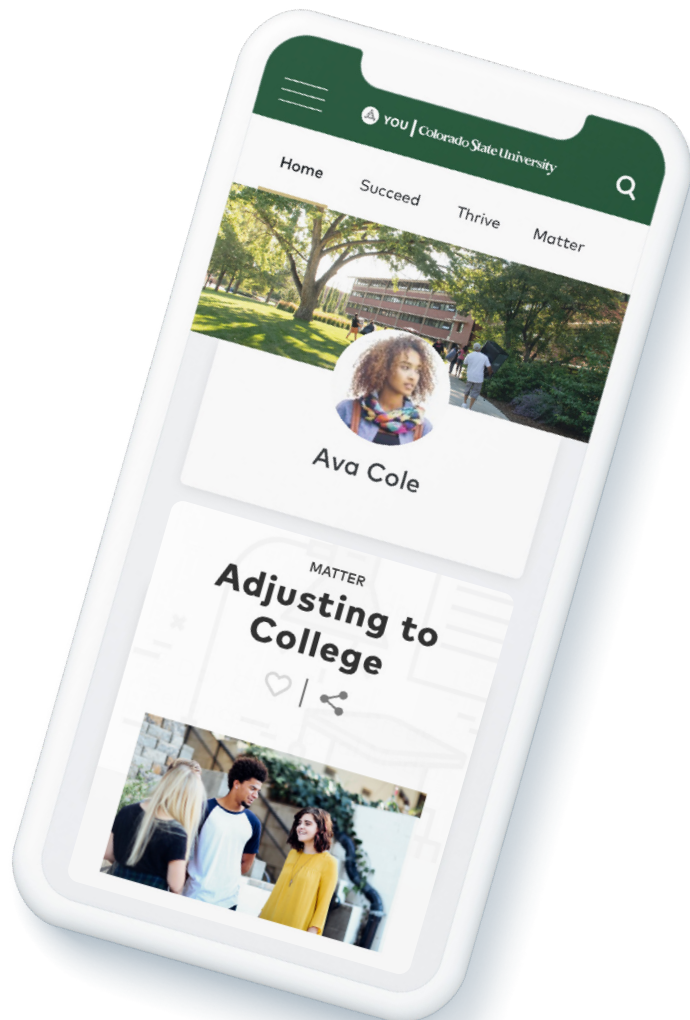
Independent Evaluation: YOU Pilot Assessment, CSU Fullerton, Spring 2020

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

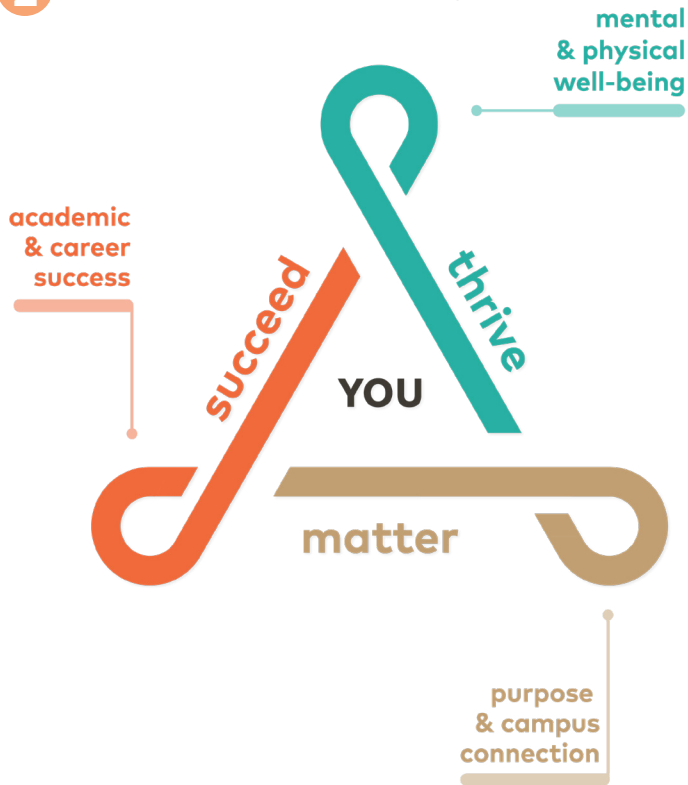
Request a demo, discuss partnerships,
and learn about our research.

YOUatCollege.com

inquiries@gritdigitalhealth.com

How YOU Supports Campus Well-Being

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



- 3 Connects to the right supports at the right time, **increasing efficacy and reach** of existing campus resources
- 4 Serves as a **cross-department initiative** to bolster student resilience, well-being and success
- 5 Supports counseling centers in **meeting increasing demand** for services
- 6 Leads to happier, healthier and more successful students, **supporting retention initiatives**

YOU for Faculty and Staff

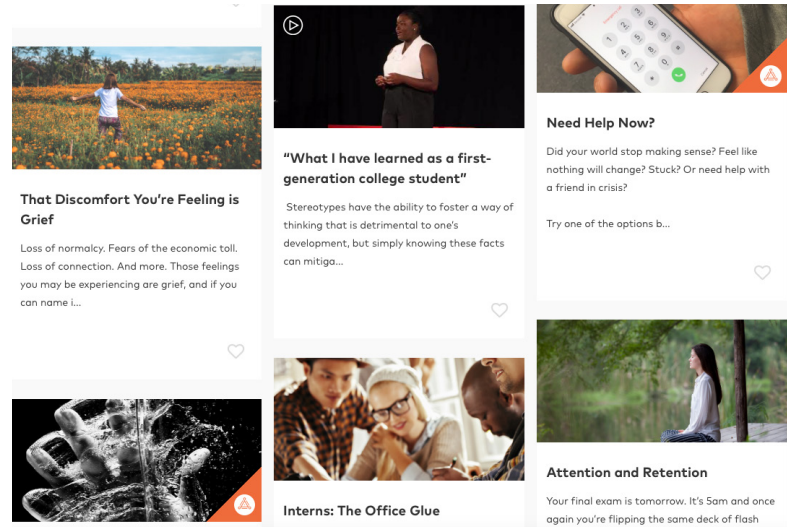
The first well-being platform to address the unique well-being needs of faculty and staff, bolstering skills in supporting students, while expanding the reach of HR supports

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

