



A PRODUCT OF
YOU at COLLEGE

Well-being is Personal

An essential tool for navigating life and campus.

QUESTION 9/17

In general, stress makes you feel...

- A. Motivated. I'm fueled by challenge.
- B. Somewhat motivated.
- C. I get stressed out, but not defeated.
- D. It hinders my ability to keep up.

FACTS & TIPS

Your Body on Stress

Sustained high levels of stress can gradually wear down your body. Literally, because it destroys...

STRESS & ANXIETY

STUDENT POSTS

How I'm overcoming my fear of speaking in class

How YOU for Students Works

Get Advice

Through 24/7 access to over 2,500 proprietary, evidence-based resources, YOU normalizes and personalizes well-being for each individual user.

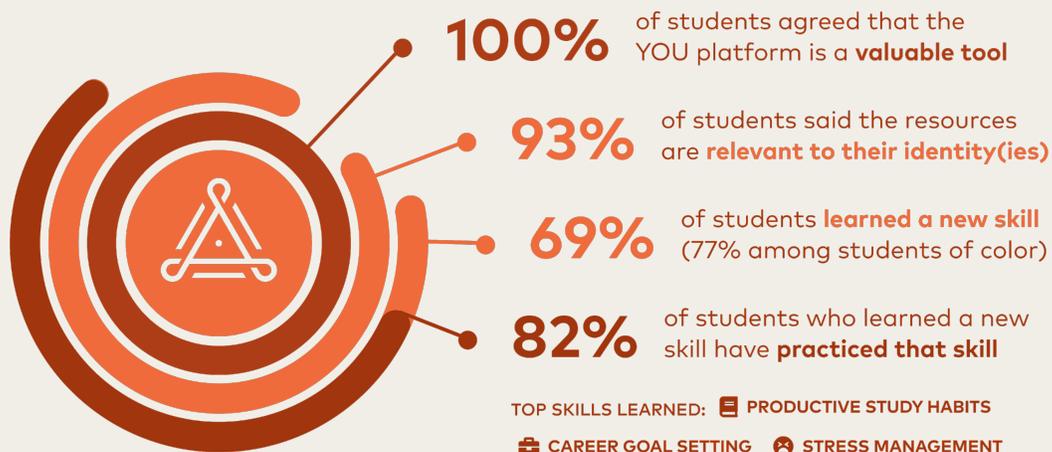
Take Action

YOU's interactive self-check assessments, goal setting, and skill-building modules provides an actionable, proven method to develop a growth mindset and resilience.

Connect to Campus

YOU is customized to every institution and connects students to the right campus resource at the right time, ensuring they get the support they need while increasing awareness and utilization of campus programming.

Driving Behavior Change Impact At 200+ Campuses



YOU at COLLEGE **Independent Evaluation**

Data: YOU Pilot Assessment, CSU Fullerton, Spring 2020

Bring YOU for Students to Your Campus

Schedule a demo, discuss partnerships, and learn about our impact.
youatcollege.com | inquiries@gritdigitalhealth.com



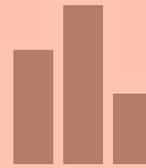
Primary Prevention, Early Intervention

Through comprehensive, upstream self-care, YOU supports campus administrators by meeting ever-increasing demands for student mental health and well-being.



Campus Engagement Engine

YOU is a cornerstone for increasing student success and belonging through timely and actionable tools that raise awareness of campus supports and encourage student persistence in school.



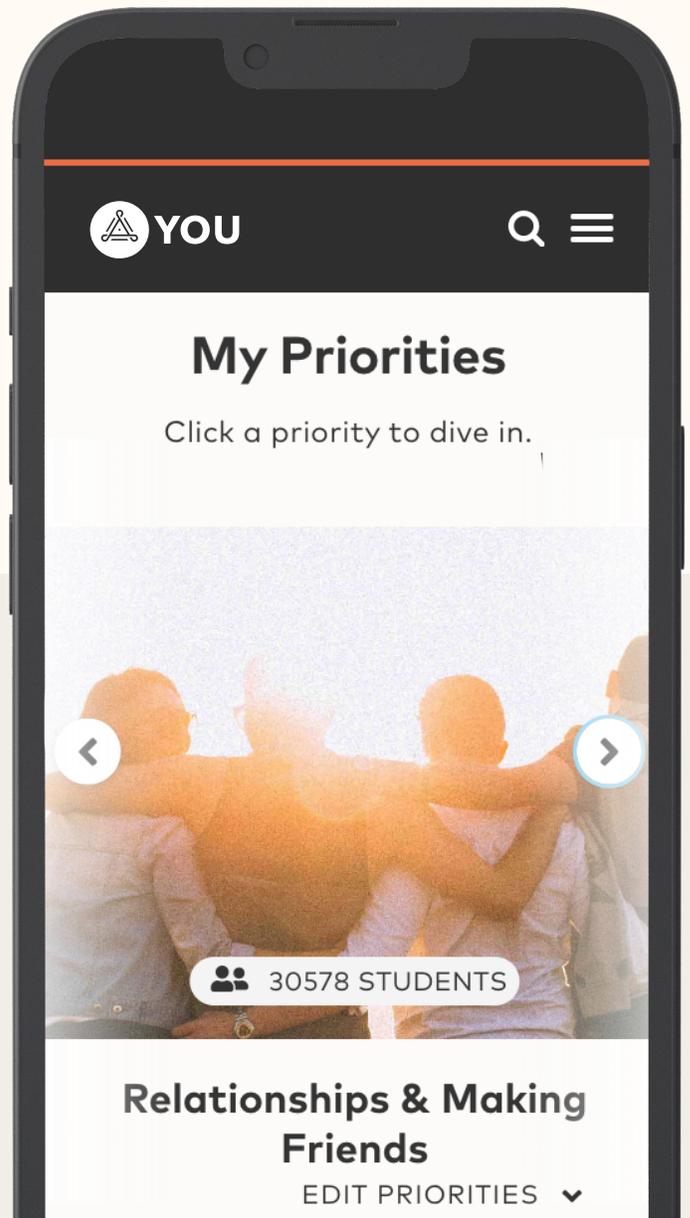
Data-Driven Student Success

Aggregate data from YOU informs campus-wide programming and resource planning, ensuring well-being is a priority for every department.

What our network is saying

"YOU has taught me to prioritize my goals, keep my mind focused, learn to keep my calm in stressful situations, and learn from mistakes. I gained so much from this platform and will continue using it to better myself." - First-Year Student, CSU Bakersfield

"YOU is the wayfinder for students to find the resources they need. It's not trying to duplicate, replicate, or take over other resources. It helps centralize all of our mental health resources and provides additional support for things we've yet to develop." - Sharon Jalene, Ph.D., Associate Dean of Academic and Student Affairs, UNLV



Comprehensive Well-Being Personalized for Every Student



Mental Health Physical Health AOD, Sexual Health Well-being



Finances, Basic Needs, Academics & Career Path



Purpose & Meaning, Relationships Diversity/Identity & Involvement

Relationships & Making Friends

EDIT PRIORITIES