

A HOLISTIC APPROACH TO MENTAL HEALTH



**University
of Dayton**

The University of Dayton provides resources and support for individuals to overcome challenges, build resilience and thrive at the University and beyond. Particularly in times of distress, individuals turn to those with whom they have established relationships. Therefore, it is appropriate and encouraged to reach out to individuals directly, show concern and have conversation guided by this framework about their wellbeing. The elements outlined here build upon each other so individuals can create a foundation for resilience, demonstrate self-awareness and seek out appropriate resources.

REACTIVE

PROACTIVE



AUTONOMY

INTERVENTION

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View go.udayton.edu/mentalhealth for more details