

# A HOLISTIC APPROACH TO MENTAL HEALTH



**University  
of Dayton**

The University of Dayton provides a variety of resources and support for students 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 below 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](http://go.udayton.edu/mentalhealth) for more details