

A HOLISTIC APPROACH TO MENTAL HEALTH

The University of Dayton provides a variety of 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 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.



**University
of Dayton**



AUTONOMY

Revised August 2019

INTERVENTION

View go.udayton.edu/mentalhealth for more details