We get it.

Whether you're a first-year undergrad arrival or in your second doctoral program, students have a lot on their minds. UNC Student Wellness offers an array of services and resources to help you cope with student life through making informed decisions, choosing healthy practices, and being better prepared for whatever life throws at you.

We're staffed by understanding people who enjoyed being a student so much we want to help make sure you do, too. We are highly trained, certified, knowledgeable and experienced health education professionals and accomplished student associates who enjoy what we do and the satisfaction we receive through helping you succeed in everything you do here at Carolina, and beyond.

Check our profiles and email us directly. We're here for you!

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