Self-guided technology programs
Evidence-based intervention
Free & Anonymous
Exclusively for UCSD students
Desktop, Mobile, or Tablet-friendly

MindWell-U
- 30 day challenge
- Takes 5-10 mins per day
- Learn and practice mindfulness
- Invite friends to join you

WellTrack
Start Feeling Better Today
- Tracks mood and activity
- Evidence-based tools
- Personalized recommendations for improvement

TAO
Therapy Assistance Online
- Comprehensive, interactive workbook
- Overcome mental health challenges through evidence-based strategies
- Journaling, mindfulness, assessments

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