

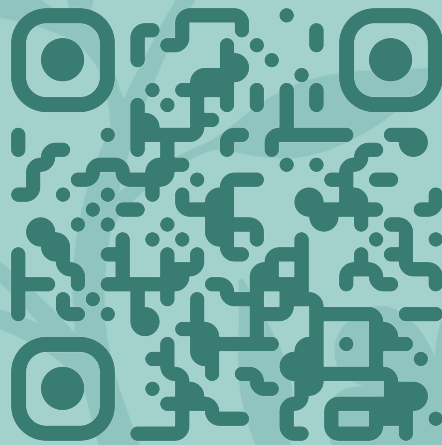


UNIBAS MENTAL FITNESS

Looking for peer support for mental well-being?

Join our new Discord server: Unibas Mental Fitness. Discord is a free communications app like Teams or Slack. The server provides a platform for people at the University of Basel (students, employees...) to discuss mental fitness in relation to their studies/work. It's a place for giving and receiving support for everything related to mental well-being.

Find Discord in your web browser or download the desktop/smartphone app and follow the invitation link:



You will be directed to the welcome section.
A few notes will direct you from there on!

You can join anonymously and choose how much you want to share about yourself.
This is a safe space regardless of where you set your boundaries.

Take care! ♥