



## ABOUT WELLTRACK BOOST Digital Self-Help Resources

As a valued member of the Northern Michigan University community, you have on-demand access to Welltrack Boost, digital self-help tools you can use on your own device and schedule. Join the 2 million members who use Boost to take control of their mental health and happiness. Learn how to address issues, recognize patterns and triggers, and reinforce healthy habits. Solve problems and work on your emotional resilience with digital tools and courses to help you track moods, assess wellness, stick to a schedule, challenge negative thoughts, and more. Get started at <https://nmu.welltrack-boost.com/>