



SUPPORT TO HELP YOU THRIVE, IN WORK AND IN LIFE

Free 24/7 virtual health & well-being
support for faculty & staff

You spend so much of your time supporting students and colleagues, but your own health matters, too. TimelyCare is here to give you space to recharge, manage stress, and feel your best, both at work and at home.

 **TRUSTED MENTAL
HEALTH EXPERTS**
available 24/7

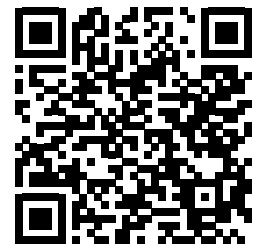
 **SELF-CARE TOOLS**
for managing stress and
recharging

 **PERSONALIZED
RESOURCES**
to support your well-being
at work and at home

 **SECURE CARE**
you can trust

Because caring for yourself is the most important step of all.

SCAN THE QR CODE
or visit timelycare.com
to register.



100% FREE ✖ NO INSURANCE NEEDED ✖ 24/7 SUPPORT

SIGN IN NOW