What Notre Dame Grad Students say about this program...

“As an international student, in a place markedly different from mine, I needed a forum like this to freely and openly talk about my struggles. I met other international students who were equally struggling and we formed one of the most admirable bonds - our discussion sessions were amazing. Our facilitator was awesome and flexible - he made time for what mattered for each session and it helped us to openly express ourselves. Few weeks into the program, I lost my niece in the most painful way; my support group was there with open, non-judgemental ears listen and shoulders for me lean on. This is one of the best programs I have participated in and I have already recommended it to a couple of friends.”

4/25/24 ★★★★★

“In grad school, you feel so alone and being alone and struggling is not going to get you anywhere. Having a place where you can talk about how hopeless and defeated you feel is so comforting. You can be a support for someone going through a rough time and then they can be a support for you when you are feeling low.”

4/24/24 ★★★★★

“It has not only provided me with effective strategies for managing stress but has also fostered a sense of empowerment and progress in my journey towards improved well-being. Moreover, I got to know that everyone feels this way sometimes and it is hard to acknowledge it and manage it. I got to make new friends.”

4/29/24 ★★★★★

Available to Notre Dame Graduate Students Fall 2024

Note: Groups will include ONLY Notre Dame Students and will be formed based on the availability you provide during registration. Deadline to Register: September 9th.

We encourage students who have successfully completed the program to return and contribute to further growth while supporting others.

Sign up now. Groups starting soon.

To register, scan the QR code. Use the coupon “FreeNotreDame” to get free access to the program.

Emotional Wellness Program for Notre Dame Graduate Students

By Innsightful

Sponsored by the UCC

Innsightful has successfully supported over 250 Notre Dame students.
Our Solution Can Help You!

The emotional wellness program by Innsightful is a 12-week course designed for students, aiming to help you progress in your wellness journey and feel better within a timeframe that fits your schedule. The program utilizes support groups and wellness coaches to provide you with the support and guidance you need to better cope with stress and anxiety.

Innsightful has successfully supported over 250 Notre Dame students.

Program Includes:

- 1-Hour Weekly Group Sessions on Zoom
- Emotional Wellness Psychoeducation
- Coping Exercises for Immediate Relief
- Chat with Wellness Coach
- Group Chat and Group Activities
- Mindful Meditations
- Positive Activities

We Will Take You on a Meaningful Journey

- Identifying and Meeting Emotional Needs
- Developing and Maintaining Healthy Relationship
- Understanding and Fostering Good Sleep Habits
- Building Resilience and Avoiding Burnout
- Managing Academic Stress
- and many more..

Innsightful Proven Outcomes for Students

- Felt supported & Developed better relationships with others
- Reduced levels of stress and anxiety within the first month
- Improved academic outcomes
- Better relationships with others