



Wellspring is here for you!

Do you have questions about:

DRINKING?

- *Did you or someone you know experience a Blackout?*
- *How much is too much?*
- *Have you wondered about cutting down?*
- *Not sure about making an appointment? Take a self-test first: see E-CHUG at www.udel.edu/wellspring*

BODY IMAGE?

- *What is your ideal weight based on?*
- *Are you or someone you know constantly dieting or feeling pressured to be thin?*

GAMBLING?

- *Have you or a friend ever played cards, video games, bowling or other activities for money?*

POT, POWDER OR PILLS?

- *Concerned about yourself or a friend?*
- *Do you have questions about the real effects of prescription and illicit substances?*
- *Are you using Adderall to study?*
- *Not sure about making an appointment? Take a self-test first: see E-TOKE at www.udel.edu/wellspring*

SEX & RELATIONSHIPS?

- *Wondering if your relationship (or a friend's) is healthy?*
- *Have you had sexual experiences that you weren't comfortable with?*
- *Have you ever wondered, after sex, if you really had consent?*

We can help. Contact Wellspring at (302) 831-3457 or via wellspring@udel.edu for a confidential CHECK-UP for you or concerns about a friend.

www.udel.edu/wellspring • 231 S. College Avenue

FREE GIVEAWAYS WITH YOUR PARTICIPATION!