

Starting Your Semester Right: How Retriever Integrated Health Supports Student Mental Health

Starting a new semester can be overwhelming, but RIH has a variety of ways to help manage your stress! Come learn all about resources that works best for you!



Join us virtually on
Thursday, September 4 from
3:30 - 4:15 p.m.



For more information and
the link to join, visit our
[myUMBC events page!](#)



This event is open for full participation by all individuals regardless of race, color, religion, sex, national origin, or any other protected category under applicable federal law, state law, and the University's [nondiscrimination policy](#).

