



# welltrack boost

## Interactive Self-Help Therapy

Join the community of over 1,000,000 students who have access to Welltrack Boost.

Register for a Boost account to explore self-help videos and tools at your own pace.



Deal with anxiety, depression and stress



Monitor your mood

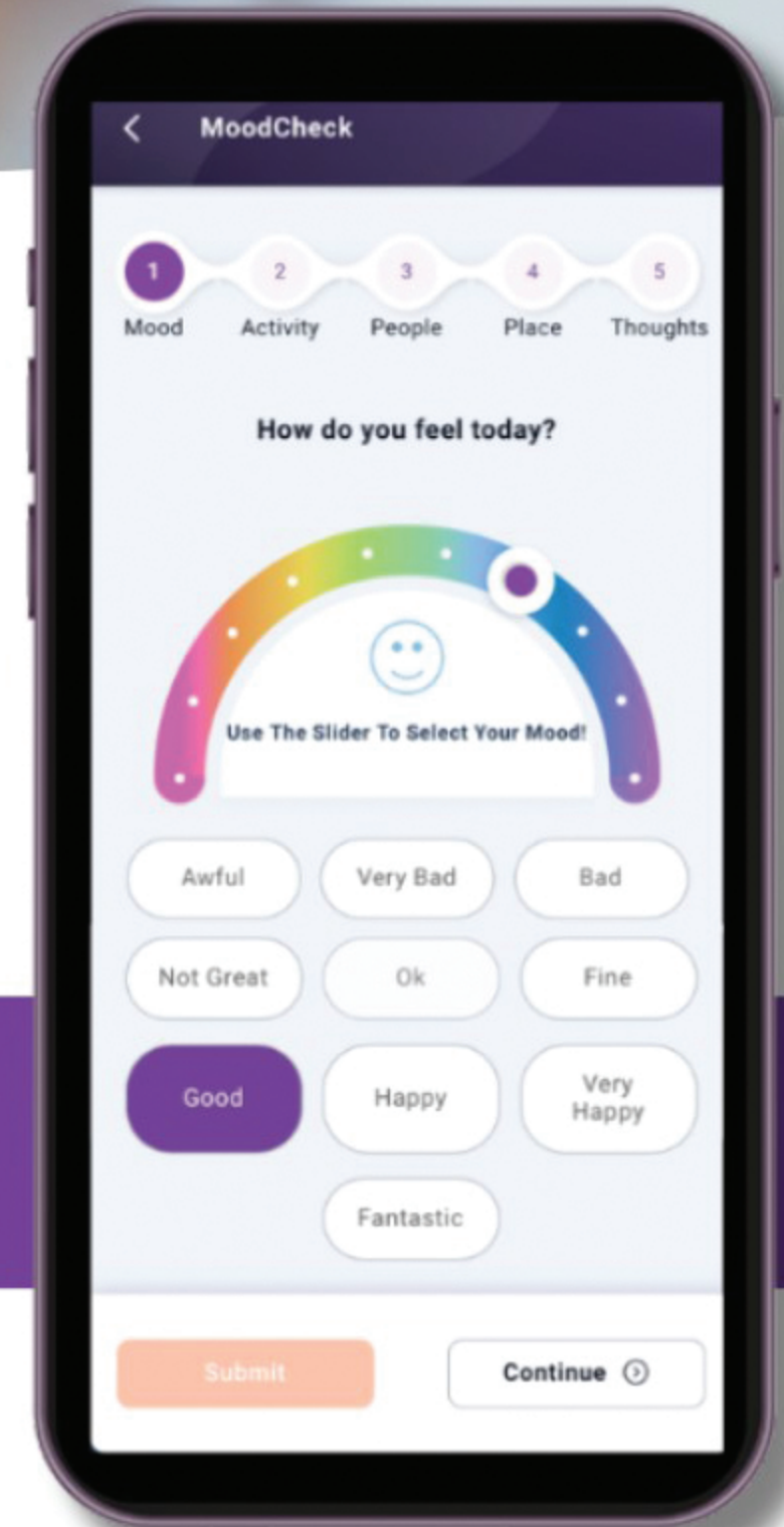
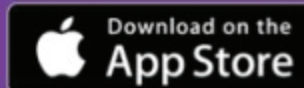


Assess your mental health



Connect with campus resources

Download the Boost app and register with your [students.kckcc.edu](mailto:students.kckcc.edu) email address



**Kansas City Kansas  
Community College**

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