

Want to talk?

*CONNECT WITH SOMEONE
WHO REALLY LISTENS.*



EagleCARES

Free and anonymous chats with trained active listeners

We believe everyone should have access to a compassionate, caring listener whenever they want to talk to someone. That's why we built **EagleCARES**.

We provide an on-demand, around-the-clock emotional support network for everyone across our campuses and the globe. Connect online through one-on-one text chat and share what is on your mind.

Download the free **7Cups app** on your Apple or Android device, create a username and password, and use the school/organization code: **usm** to access the EagleCARES platform.

No smart phone? No problem!

Visit **usm.edu/eaglecares** and choose the "Sign Up/Log In" tab to create a username, password, and use the school/organization code: **usm** to access the EagleCARES platform.

So what's on your mind?



THE UNIVERSITY OF
**SOUTHERN
MISSISSIPPI**