

Well-Being Resources at Mason

All Campuses:

[Counseling and Psychological Services](#)

[LGBTQ+ Resources Center](#)

[CommonHealth](#)

[Mason Walkin' Trails](#)

[Health and Well-Being Services \(SEERM\)](#)

[Patriot Perks](#)

[Faculty and Staff Networks](#)

[University Sustainability](#)

[Flexible Work](#)

Fairfax:

[Fairfax MindSpa](#)

[Mason Recreation](#)

Mason Square:

[Mason Square Events](#)

[Mason Square Plaza Events](#)

[Mason Square MindSpa & Quiet Meditation Space](#)

SciTech:

[SciTech MindSpa](#)

[Freedom Aquatic & Fitness Center](#)

[SciTech Quiet Meditation Space](#)

[The Edge](#)