

Access to our free Feeling Well content for students

To mark Australia's **RU OK? Day** this year, we have made our Feeling Well online resources freely available for students to access for a week.

Feeling Well, part of our **Being Well, Living Well** online toolkit, consists of 4 modules: 'Confidence, self-esteem and resilience', 'Am I good enough?', 'Stress, anxiety and depression', and 'Self-harm and suicidal thoughts'. These modules can be accessed online, on any device.

To access our free Feeling Well content:

1. Visit our platform: <https://courses.epigeum.com/>
2. Use the drop-down user menu in the top-right corner to register as a new user.
3. When prompted, enter the following 'Token' code: **968e2ab4**.
4. You will be sent an activation link by email (check your junk folder if you do not receive this). Click on this to activate your account.
5. Once this process is complete, you can log into your new account on our platform, where you will have access to the Feeling Well content, stored under 'My Courses'.

This content will be freely accessible until **Thursday 17th September 2020**. If you have any questions or issues accessing the resource, please email epigeum@oup.com.

