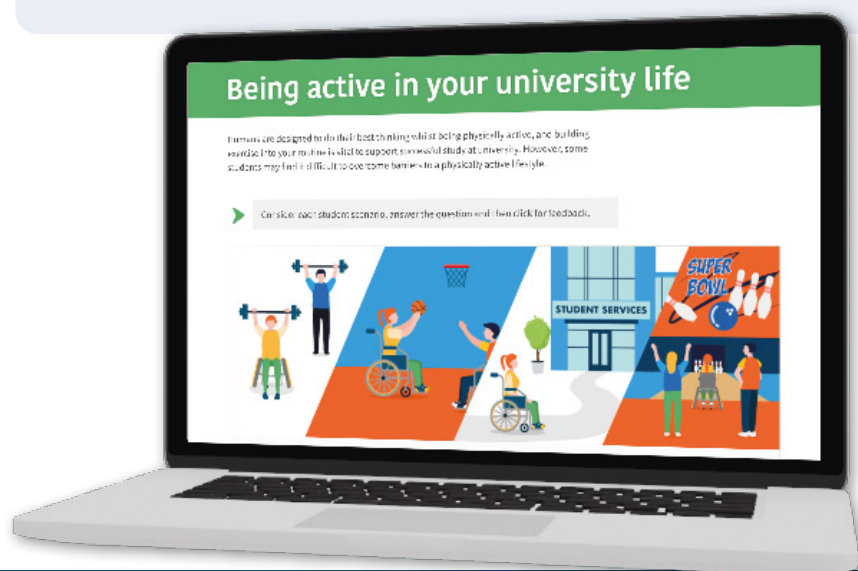
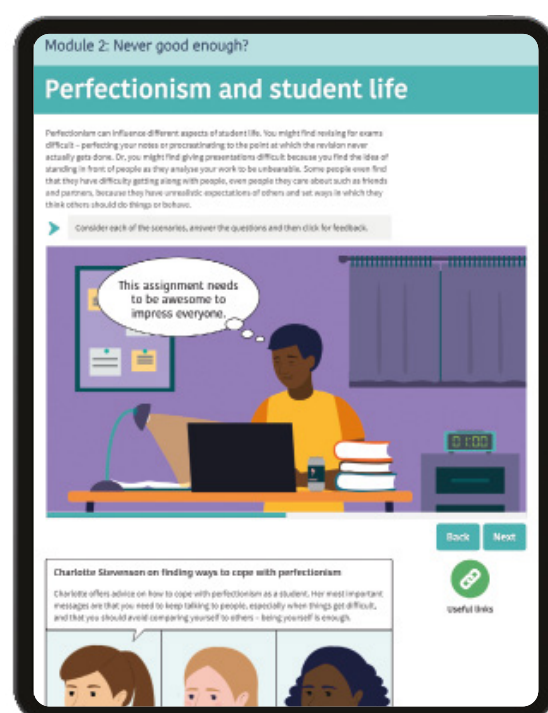


Being Well, Living Well

Ensure every student has access to a baseline of support

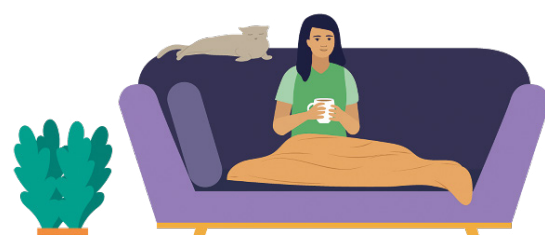
Developed with a panel of mental health experts, healthcare professionals, and university students, the Being Well, Living Well online toolkit enables institutions to take a preventative, whole-university approach to supporting all students with their wellbeing.

- A range of interactive activities, bespoke animations, and comic strips that maximise student engagement
- Relatable peer perspectives and interviews that help students to understand they are not alone in experiencing challenges
- Inclusive practice scenarios that represent a variety of student experiences
- Regular signposting to further support
- Modular structure that allows students to dip in and out of resources in an online 'safe space'
- Flexibility to integrate the toolkit into your institution's VLE as part of existing wellbeing initiatives



Lead Advisors

- Dr Dominique Thompson
- Dr Nicola Reavley



Find out more about the Being Well, Living Well toolkit, and request free trial access:

Being Well, Living Well

Ensure every student has access to a baseline of support

We understand that every university is unique, which is why Epigeum courses are designed to be flexible. We want you to be able to tailor our Support & Wellbeing courses for your institution and context, so you can customise your course in a number of ways.

- **Branding:** Increase your students' sense of belonging and ensure Epigeum's courses integrate with your existing Support & Wellbeing initiatives by including your university branding.
- **Personalise content:** Add in your own content such as extra resources and links, or remove content that isn't relevant to you.
- **Seamless user experience:** Customise courses and create multiple versions of a course to tailor it to a specific student cohort, facilitating stronger student engagement.
- **Relevant signposting:** Signposting to further support is quick to access and can be personalised to your university to include key contacts and local support services.
- Inclusive practice scenarios that represent a variety of student experiences.
- Regular signposting to further support.



Find out more: www.epigeum.com/courses/support-wellbeing/being-well-living-well/

Request more information or a free trial: epigeum@sagepub.com



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