

# Online support for your mental health and wellbeing

Access a toolkit of resources with practical tips and tools to help you maintain a healthy mind and body at university

Your student journey

Study-life balance

Studying well

Postgraduate research student wellbeing

Eating well

Being active

Living Well



Confidence, self-esteem and resilience

Am I good enough?

Stress, anxiety and depression

Self-harm and suicidal thoughts

Feeling Well



Online safety

Healthy relationships

Sexual health

Alcohol

Drugs

Staying Safe



Financial Awareness

University Costs and Funding

Living Costs

Spending Well



Access the online 'Being Well, Living Well' toolkit anytime, anywhere: