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.

**Living Well**
- Your student journey
- Study-life balance
- Postgraduate research student wellbeing
- Eating well
- Being active

**Feeling Well**
- Confidence, self-esteem and resilience
- Am I good enough?
- Stress, anxiety and depression
- Self-harm and suicidal thoughts

**Staying Safe**
- Online safety
- Healthy relationships
- Sexual health
- Alcohol
- Drugs

**Spending Well**
- Financial Awareness
- University Costs and Funding
- Living Costs

Access the online ‘Being Well, Living Well’ toolkit anytime, anywhere: