



Pressure Points

A new online programme to help support and guide students through the pressure points of university life



Pressure Points will address key issues students are dealing with in light of the pandemic, enabling university wellbeing teams to focus on complementary in-person initiatives and supporting students in crisis.

Find out more about *Pressure Points* here:

Modules

Managing stress as a student

Identifying and managing problematic anxiety and depression

Understanding Self-harm

Understanding suicide and seeking support