

My student life essentials: January

- Feeling overwhelmed? Take a look at the **NHS self-help guides** and **Big White Wall** guided support courses to help look after yourself.
- For academic and wellbeing workshops, take a look at the **My Learning Essentials** page.
- Your school support office can help with various aspects of student life, including academic support. Find their **contact details here**.
- Register with local authority services - e.g. **council tax** and **NHS Services**.
- Got questions about your student funding? Take a look at our **A-Z Guides** for more info.

This month's way to wellbeing is:

manchester.ac.uk/sixways

take
notice