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