WELLBEING CHECK-IN

I'M FEELING GOOD
- Keep engaging with Six Ways to Wellbeing
- Follow @uomwellbeing for daily inspiration
- Get involved at the Student's Union

I'M FEELING OKAY
- Maintain wellbeing with resources and workshops
- Visit the Student Support website for resources
- Check out My Learning Essentials

I'M FEELING UNSURE
- Reach out to an Academic Advisor, University School or Peer Support
- For targeted wellbeing advice, email Student Support
- Or Students' Union Advice Service
- Sign up for the SU Buddy Scheme

I'M FEELING OVERWHELMED
- 24 Hour Health Assured Helpline and App
- Library Help and Support
- Visit Togetherall
- Text Shout 85285

I'M FEELING DOWN
- Arrange an appointment with the Counselling Service
- Contact Disability Advice and Support
- Reach out to friends and family
- Visit your GP