

Wellbeing support to help you whilst you isolate

These are challenging and uncertain times and you may be experiencing and feeling new things. No matter how you might be feeling, this is normal and there are lots of ways we can support you. Below you will find a range of resources to support you through this time. You can also visit our [Student Support website](#) where all of our resources are in one place for you.

Wellbeing resources

Six ways to wellbeing: bit.ly/UoMwellbeing

Wellbeing resources: bit.ly/UoMwellbeingresources

Looking after yourself in difficult times: bit.ly/UoMlookingafteryourself

Services that can support you

School support office: bit.ly/UoMSchoolSupport

ResLife: bit.ly/UoMResLife

Accommodation office information: bit.ly/UoMaccommodationinfo

Chat with a wellbeing advisor (Mon-Fri, 11am-12pm): bit.ly/UoMwellbeingchat

A-Z of University services: bit.ly/UoMservices

Check-In and Chat

We would like to offer you the opportunity for some extra support whilst you are isolating or quarantining. A 'Check-In and Chat' volunteer from the University is available to give you a call, just to talk to you about how you're doing in these unusual times. To request a one-to-one call with one of our volunteers, please fill in your details on this [online form](#). You can also contact the service on keepintouch@manchester.ac.uk

What if I need more help?

Counselling and Mental Health Service: bit.ly/UoMCounselling

Togetherall: bit.ly/togetherall

Nightline: bit.ly/UoMNightline

Unsure where to go?

Get in touch with the Student Wellbeing Team via studentsupport@manchester.ac.uk