

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](#)