I'm feeling good

For this level of need, you might not feel that you need any direct support but you want to find out how you can proactively look after your wellbeing and access self-care resources.

Evidence shows that there are number of types of activity that improve wellbeing, and as a University, we've based our six ways to wellbeing framework around these*.

The great thing about the six ways is that you don't have to do all of them – and some activities, such as going on a walk with friends, allow you to do more than one at once. It's important to find a blend of things that fits with your lifestyle yet stays fresh and varied, keeping you inspired: **Six Ways to Wellbeing.**

**The evidence behind these our six ways is summarised in Five ways to wellbeing, a report the UK government's Foresight programme written by the Centre for Well-being at the New Economics Foundation.*

I'd like some advice

For this level of need, you feel ok but would like some information and advice about how you can improve your wellbeing. There are a range of online and in-person resources and support you can access.

Online resources

Evidence-based proactive resources to help your wellbeing: **Six Ways to Wellbeing.**

A central place to access support services, resources to support your day to day wellbeing and find answers to common queries: **Student Support website.** This also includes information about managing your money: **Money matters**.

Resources from the University's Mental Health Support Team: **Build your mental health expertise**.

Online resources from the Library's programme of skills support: **My Learning Essentials**.

Workshops and meeting people

Students' Union peer-led Buddy Scheme: **SU Buddy Scheme.**

Workshops from the University's Mental Health Support Team: **Workshops**.

Workshops from the Library's programme of skills support: **My Learning Essentials**.

Speaking to someone from the University

Speaking to someone from your academic School: **School support**.

Contacting the Student Wellbeing Team: **Wellbeing team**.

Support and guidance for students living in University Halls of Residence: **Res Life**.

I need some help

For this level of need, the way you are feeling is having an impact on your day to day life and your usual ways of helping yourself aren't working. There is a variety of support you can access.

Speaking to peers

Students' Union peer-led Buddy Scheme: **SU Buddy Scheme.**

Community Support (discussion boards and live forums): **Qwell.**

Speaking to someone at the University

Speaking to someone from your academic School: **School support**.

Contacting the Student Wellbeing Team: **Wellbeing team**.

Support and guidance for students living in University Halls of Residence: **Res Life**.

Specialist support

You can access specialist help for your psychological or mental health through the University **Mental Health Support Team**. The service offers a range of support including psychoeducational workshops, therapeutic groups and 1-1 appointments. You can call this service between 09.30-4.30 weekdays to speak to someone about what kind of support you may need.

Support from the University's Disability Advisory and Support Service (DASS): **DASS.**

24 hour mental health helpline: **Spectrum.Life.**

Free, safe and anonymous online mental health support whenever you need it: **Qwell.**

If you aren't already registered with a local GP, you can find more information about accessing healthcare here: **Accessing Healthcare.**

I need more help

At this level of need, you may have severe, recurrent or long-term difficulties and would like to speak to a counsellor or mental health practitioner. You may feel that you need a referral to the Disability Advisory Support Service or the University's Occupational Health Service.

Specialist support

You can access specialist help for your psychological or mental health through the University **Mental Health Support Team**. The service offers a range of support including psychoeducational workshops, therapeutic groups and 1-1 appointments. You can call this service between 09.30-4.30 weekdays to speak to someone about what kind of support you may need.

Support from the University's Disability Advisory and Support Service (DASS): **DASS.**

The University's Occupational Health service provides confidential support to protect the health of staff and students: **Occupational Health Service**.

If you aren't already registered with a local GP, you can find more information about accessing healthcare here: **Accessing Healthcare.**

24 hour support

24 hour mental health helpline: **Spectrum.Life.**

Free, safe and anonymous online mental health support whenever you need it: **Qwell.**

If you are experiencing a crisis or emergency, visit the Mental Health Support Team's **Help in a Crisis page for details of the range of support available to you.**

I'm in a crisis

At this level of need, you feel that you are at risk or are in a crisis and don't feel that you can keep yourself safe. You need urgent specialist help and support.

However bad you are feeling, there is always help and support available. The most important thing is to reach out. Here at the University, you can access the following services:

The University's **Mental Health Support Team** provide a range of support that you can access. They also have a dedicated page if you need **Help in a crisis.**

If you are living in University Halls of Residence, contact your **Res Life team**.

All Security staff at the University are first aid trained and can help if you're on campus. They're available 24 hours a day. You can contact them on **0161 306 9966**. Their number is also printed on the back of your student ID card.

Outside of the University, if you're in immediate danger, you should call **999** or go to your **nearest A&E department**.

Remember, you're never alone.