



## Mental health support available for you over the Christmas holidays

### Qwell

Qwell is an online platform that provides free, safe and anonymous support whenever you need it 24/7.

Support available:

- Messaging with qualified mental health professionals
- Self help tools
- Community support
- Helpful articles

Head to [www.qwell.io](http://www.qwell.io) to get started

### Health Assured

Health Assured is a 24/7 helpline and wellbeing app. They offer access to anonymous and non-judgemental mental health support from trained counsellors and advisors.

You can call the confidential helpline on 0161 028 3766 for advice and support on a whole range of issues you might be facing, big or small.

For further information about support head to:

<https://www.manchester.ac.uk/closure-support/>