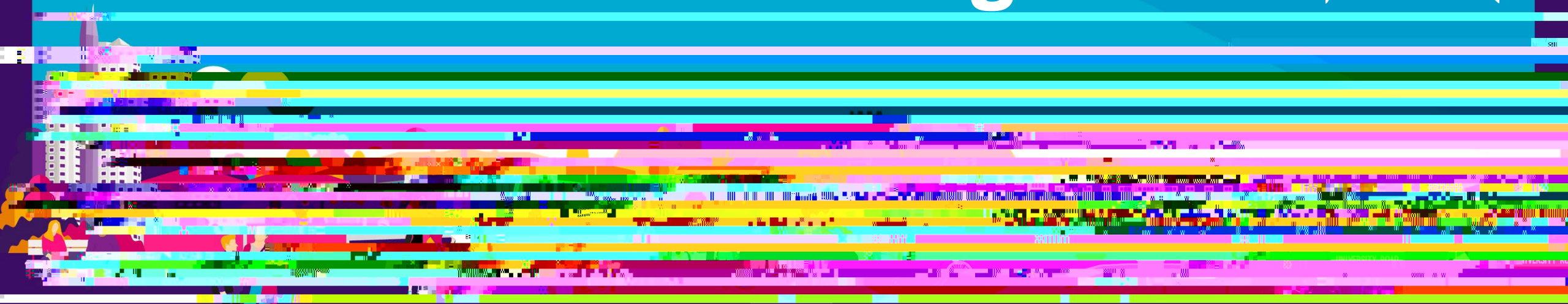




Student Wellbeing and Inclusivity



Mental Wellbeing Team





Mental

Wellbeing Team

Useful Information for

Students





Wellbeing Advisers

Each Academic School at Loughborough has a Wellbeing Adviser who can offer advice and





Not all students require face to face support. Building resilience and developing our own ways to self-manage difficulties and to problem solve is really empowering.

<https://www.lboro.ac.uk/services/student-services/support/healthandwellbeing/selfhelp/>

Togetherall

Commissioned by over 250 organisations globally, Togetherall is an online service providing access to millions with anxiety, depression and other common mental health issues. Students and staff of LU can access this platform for free using their Lboro email address.



LU Wellbeing

We recommend you download the LU Wellbeing app, which encourages a range of positive habits to maintain positive wellbeing.





Steps to Support

SELF CARE

Talk to friends, do activities, look after your physical health, utilise information available from reputable sources.

UNIVERSITY WELFARE TEAM

Your **Welfare and Wellbeing Teams** are on hand to support you, listen to you, and direct you to further help if needed.

GP PRACTICE

Contact your **University GP Practice** to arrange to talk to a practitioner if you feel you need more support.

CENTRAL ACCESS POINT

0808 800 3302 immediate 24-hour mental health advice and support.

999

Call **999** if your life is at risk