Dear Sammy,

Supporting your wellbeing

Your mental health and wellbeing is always our priority – and more than ever right now.

The coronavirus pandemic is forcing us to temporarily adapt the way we live – it’s not easy. Isolation and social distancing will help us all stay safe, but we understand that lots of people will feel concerned, anxious and lost. Even if that’s not how you’re feeling, you might be wondering (or willing to share your ideas!) on how
you’ll structure your time or stay connected to the people and things that matter to you.

We’re here for you. All our support services are still available, and there are also new and positive ways to connect with your university community.

**Connect with each other**

Your university community is an important part of your overall support system. Here are some ways to stay connected:

**UoB – together apart** is a Facebook group for students to connect and explore different ideas on managing self-isolation and other challenges that may present themselves.

On **Instagram, Facebook** and **Twitter**, we’ll be hosting Q&As on things like adapting to change and how to get help or support. We’ll also share podcasts and blog articles on how to look after your wellbeing. Follow us and keep an eye on our Instagram stories to get your questions in.

If you need reassurance and a bit of structure to help you with your mental health and wellbeing, try **Big White Wall**. It’s a safe, anonymous online community with tools to help you cope and space to share how you’re feeling with other members.

**Connect with us**

All of our support services are still available, so please stay connected, and let us know if you need more support than usual.
Your SSGTs and Residential Life team are often the best first point of contact. You can also register for other wellbeing services such as counselling, if you think you might need a little more help.

You’ll find information about all of this and more on our wellbeing pages. And you can keep up to date with the latest advice on our Covid-19 help page.

Look after yourself. We’ll stay in touch.

Very best wishes,

Patt Wrangles,
Head of Student Wellbeing

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