

Feeling overwhelmed?

Let's talk
about it.

If you're feeling overwhelmed during your studies, the university provides a range of different support.

- * To discuss issues and queries related to your studies and learning, book a 1:1 with the **Academic Skills Team**.
- * For guidance and support on issues that are impacting your health or wellbeing you can speak to your School-based **Student Wellbeing Adviser** or visit our **dedicated webpages**.
- * For support, information and guidance with your health and wellbeing, reach out to **Student Health and Wellbeing**.
- * For impartial, professional advice, visit the **Student Advice Centre**.
- * If you or another student are at risk visit the **Urgent Help** page.

