

10 TIPS TO STAY WELL

Try
something
new



Take
a walk



Move every
day



Get a
good night's
sleep



Note down
things
that go
well



talk
with
old
friends



Enjoy the
meadows



See
the sea



Pet a
furry
creature



Reach out
before things
get tough



Where to go for help

Student Support Office (SSO)

Speak to the SSO for support and advice about academic or pastoral matters. Please drop in and have a chat. You don't need an appointment. *Find them in Dugald Stewart Building: Undergraduate students: Room G.03 Postgraduate students: Room 1.06*

Student Counselling Service

If you think you would benefit from one-to-one support then you can self-refer to the Student Counselling Service. They also have a wide range of self-help materials on their website. www.ed.ac.uk/student-counselling

University Chaplaincy

The Listening Service operates through the University Chaplaincy, for students or staff of all faiths and none who want to touch base on any concerns or anxieties, or are looking for a timely or purposeful conversation. The Chaplaincy also provides free wellbeing activities: yoga, mindfulness, Tai Chi, and houses a welcoming social drop-in and calm spaces for all members of the University. www.ed.ac.uk/chaplaincy

Student Disability Service

If you have a chronic illness or disability that affects your studies, you can get support and advice from the Student Disability Service, including specialist one-to-one support through the Mental Health Mentors programme. www.ed.ac.uk/student-disability-service

Students' Association Advice Place

Get free, impartial and confidential information on a wide range of academic and welfare issues (academic, accommodation, crime and safety, harassment and complaints, money and funding, health and well-being) from the Advice Place. www.eusa.ed.ac.uk/advice

Nightline

Nightline's student volunteers are trained listeners, and are there if you need someone to talk to, or need signposting on to other support services. Phone 0131 557 4444 from 8pm to 8am during term-time, or go to www.ednightline.com.

Big White Wall

Online mental health and wellbeing support resource, provides 24/7 peer and community support, including group and 1:1 peer therapy, as well as self-care resources. Register with your University email on www.bigwhitewall.com