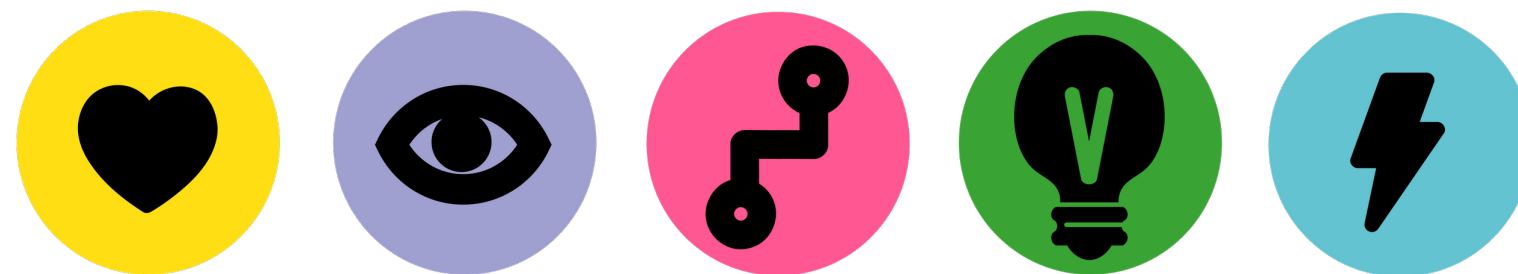


STUDENT WELLBEING AT SHEFFIELD HALLAM



Healthy Hallam, Healthy Future

confused

downtrodden

delighted

superb

not bad

worried

down

motivated

happy

super

excited

magnificent

amazing

apprehensive

anxious

sad

tired

great

wonderful

energized

nervous

enthusiastic

bored

ok

sleepy

good

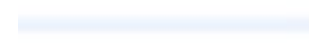
excellent

overjoyed

focused

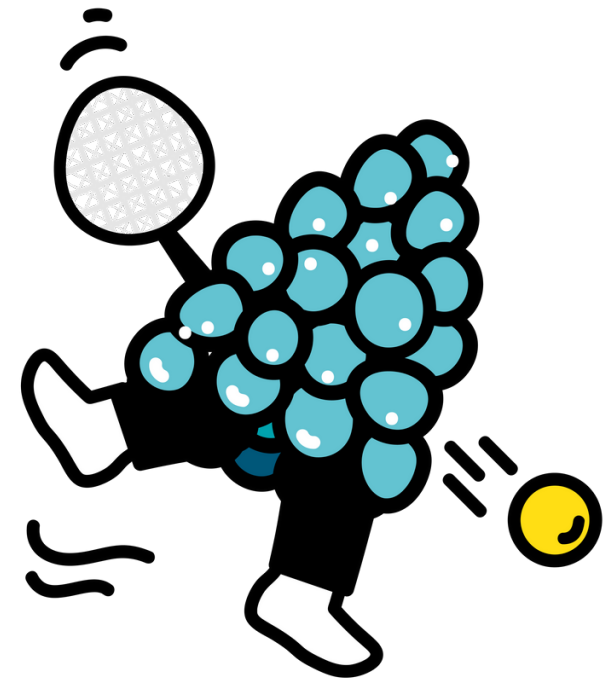
exhausted

wretched





**How will you look
after your wellbeing
at University?**



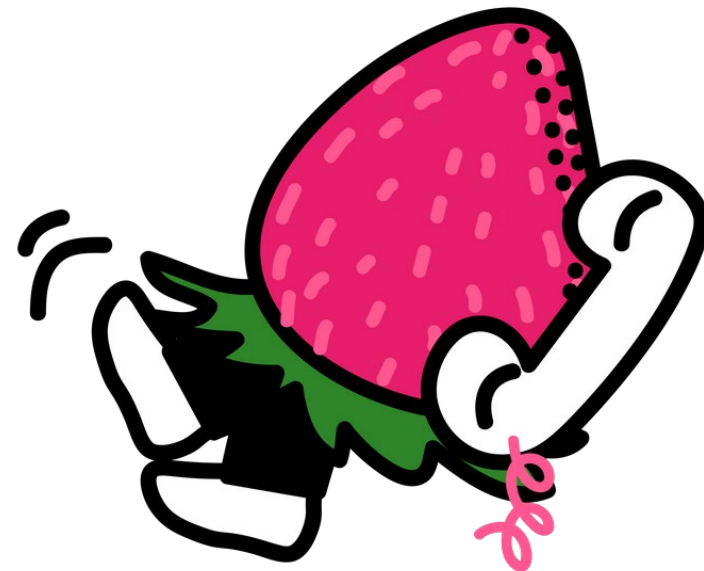
KEEP ACTIVE



GIVE



TAKE NOTICE



CONNECT



KEEP LEARNING

"You should sit in meditation for 20
minutes each day - unless you're too busy;
then you should sit for an hour"
- Old Zen Saying-





Self Help

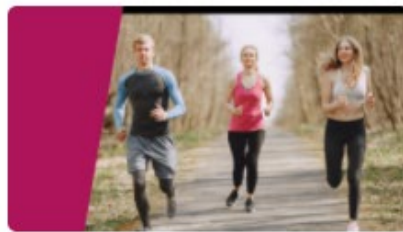
Visit our website for a wide range of resources which have been developed or recommended by our practitioners. You can search for resources either [by type](#) or [by topic](#).

Resources



Togetherall - online courses

[Choose your online wellbeing course](#)



Active Wellbeing

[Explore different ways to get active](#)



Videos

[Learn a skill or strategy to manage your wellbeing](#)



Read for wellbeing

[Start reading, feel better](#)



Wellbeing Group Sessions

[Find out more](#)



Downloadable resources

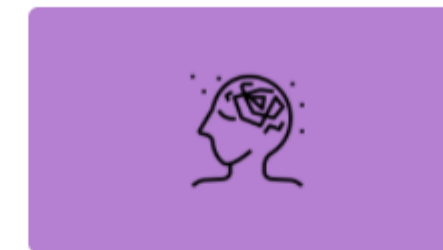
[download and print something helpful](#)

Frequently searched topics



Low Mood

[Browse our low mood resources](#)



Anxiety

[Browse our anxiety resources](#)



Stress

[Browse our stress resources](#)



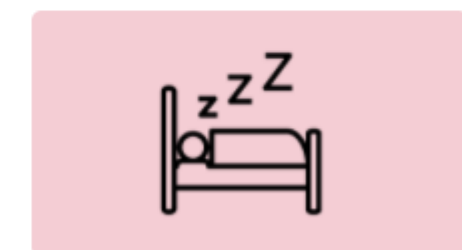
Motivation

[Browse our motivation resources](#)



Study Problems

[Browse our Study Problems resources](#)



Sleep

[Browse our sleep resources](#)



togetherall

- Community
- Courses
- 'Talk abouts'
- Resources
- Self help

**Register today
for FREE**

**Visit togetherall.com for
mental health support.**

Online Community. Confidential. 24/7.

For more details, please refer to our T&C's during registration.



A number of active sessions are organized and led by a member of the Student Wellbeing Team. These include:

- SHU Seasons and allotment group
- Running and Walking Groups
- Yoga
- Zumba
- Prescription for exercise
- Crafting





Group Sessions

- Anxiety
- Low Mood
- Bereavement
- Self Esteem
- Workplace Wellbeing

...and more

From September 2023: College Wellbeing Adviser

- Each college will have a named Wellbeing adviser.
- Offer accessible appointment with minimal registration
- Provide support for common wellbeing concerns.
- Provide a supportive, reflective space to support change and increase resilience and wellbeing.



Register for support

If you need to talk to someone or want help to work out the right support for you, you can book an appointment with a Wellbeing Practitioner. Most appointments are held over the phone or via the secure audio-visual platform Zoom. For more information about what to expect from your appointment please see our [student information \(PDF, 211.5KB\)](#) document.

Please complete our [form to register for support](#). It asks you about your welfare and the support you are looking for.

Note: You cannot register on behalf of someone else. If you are concerned about another student, please [email us](#).

How it works



1 Register

Complete our online registration and pre-appointment form

[Register for support](#)



2 Book an appointment online

You will get a link to book your own appointment



3 Wellbeing appointment

A 50 minute session with a practitioner, focused on your goals

[Read more about wellbeing appointments](#)



4 Try it

You will leave the appointment with a plan. Now is your chance to try it for at least a month and notice the changes



5 Use Resources

You can explore a wealth of resources, such as online courses, articles tools to find what helps

[Browse the resources](#)



6 Option to book a check in call

After at least a month you have the option of a check in call

[Read about wellbeing check-ins](#)

Specialist Support



Healthy Hallam, Healthy Future

Therapy (one:one brief-focussed therapy including counselling and CBT)

Case Management and Mental health support (Help students manage their mental health symptoms, treatment and getting a diagnosis. Help students access support from a range of internal and external services)

Report and Support (If you have experienced sexual violence, harassment, abuse or hate crime you can report it anonymously or get support from a specialist adviser).

Inclusive Support (practical support for students who have one or more of the following characteristics: a mental health difficulty; an autism spectrum condition; AD(H)D; a care leaver; estranged from family; a carer.