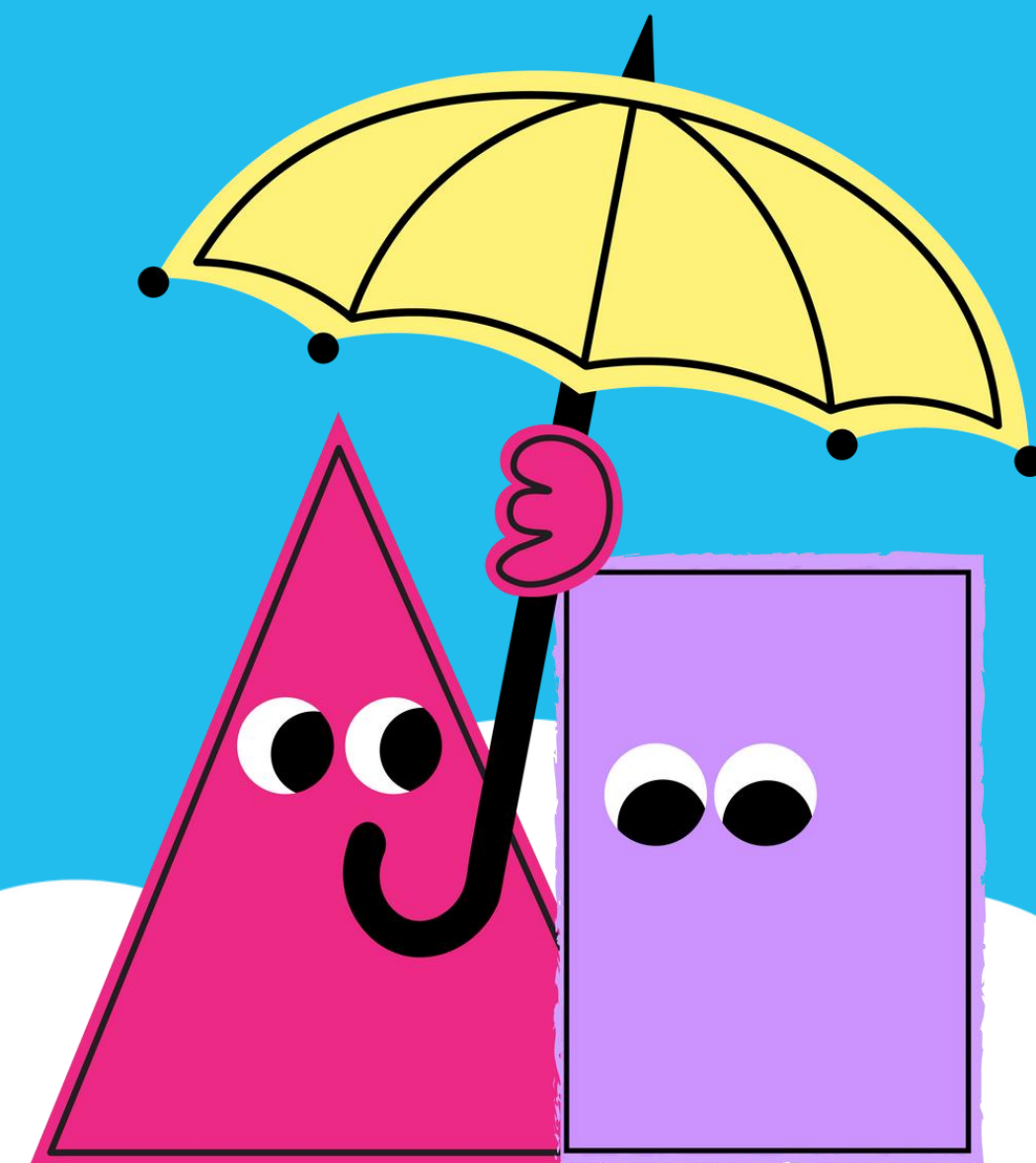
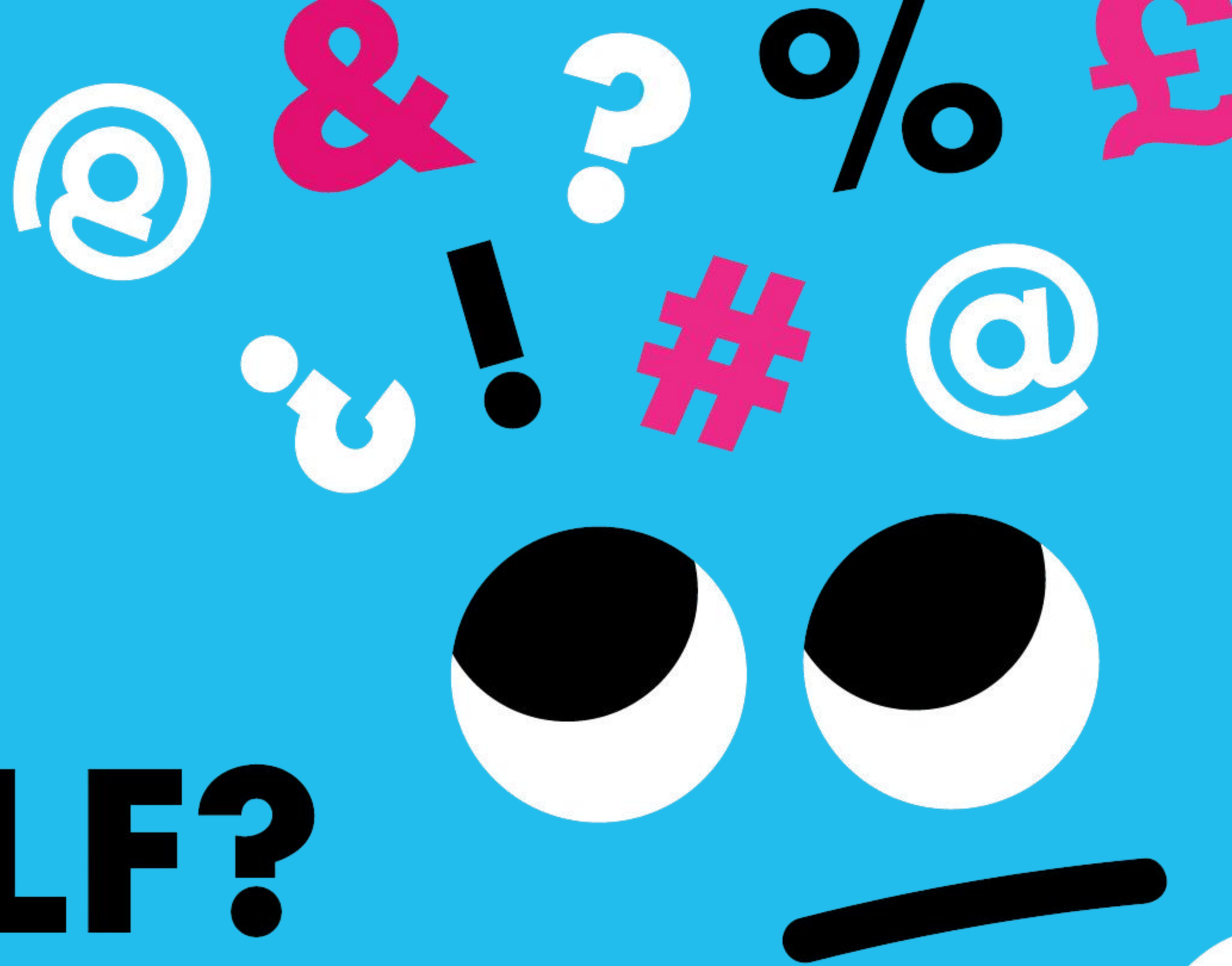


STUDENT WELLBEING & BELONGING HERE FOR YOU

shu.ac.uk/wellbeing



NOT FEELING YOURSELF?



Here for you

shu.ac.uk/wellbeing

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MyHallam

MyHallam is your student hub with everything you need to know on events, resources and support. You can also access learning platforms like Blackboard and MyStudent Record, alongside your email and timetable.



Summer support

Sign in to Blackboard

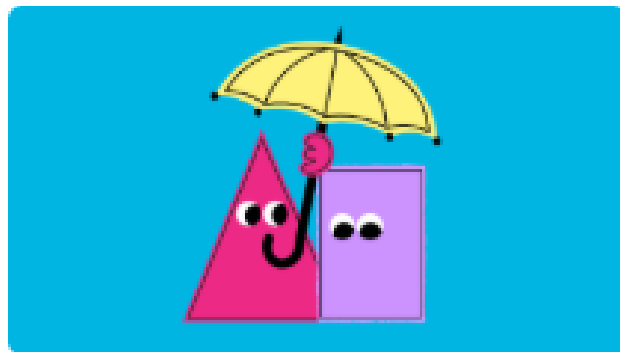
For all students, including those studying online. Access Blackboard, My Student Record and all your online tools.

[Sign in now](#)

Student wellbeing

Not feeling yourself? We've got you covered. Take a look at our wellbeing tools, workshops and online resources, or register to speak to a wellbeing practitioner

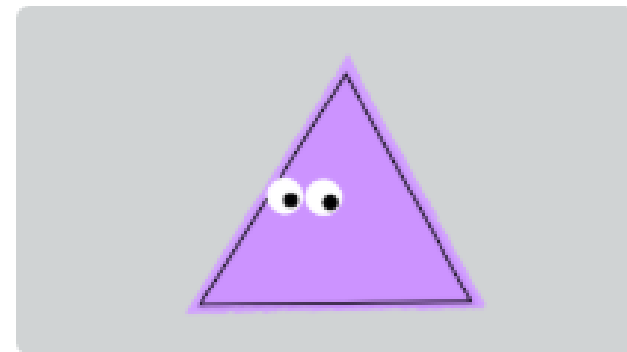
I want to...



Talk to someone

Need to talk to talk things through? Register to speak to a Wellbeing practitioner

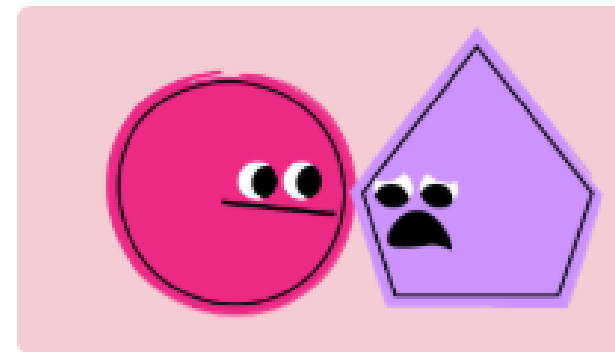
[Register for support](#)



Help myself

Browse self-help resources, courses, tools, podcasts

[Find self-help options](#)



Connect with others

Find out about events, peer support groups, online communities

[Find ways to connect with others](#)

Urgent help and support

[Urgent wellbeing support](#)

[Report and Support](#)

[Campus security](#)

Contact us

Have a specific query? We are here to help.

Email:

student.wellbeing@shu.ac.uk

To speak to someone over the phone, call us on [0114 225 2136](tel:01142252136).

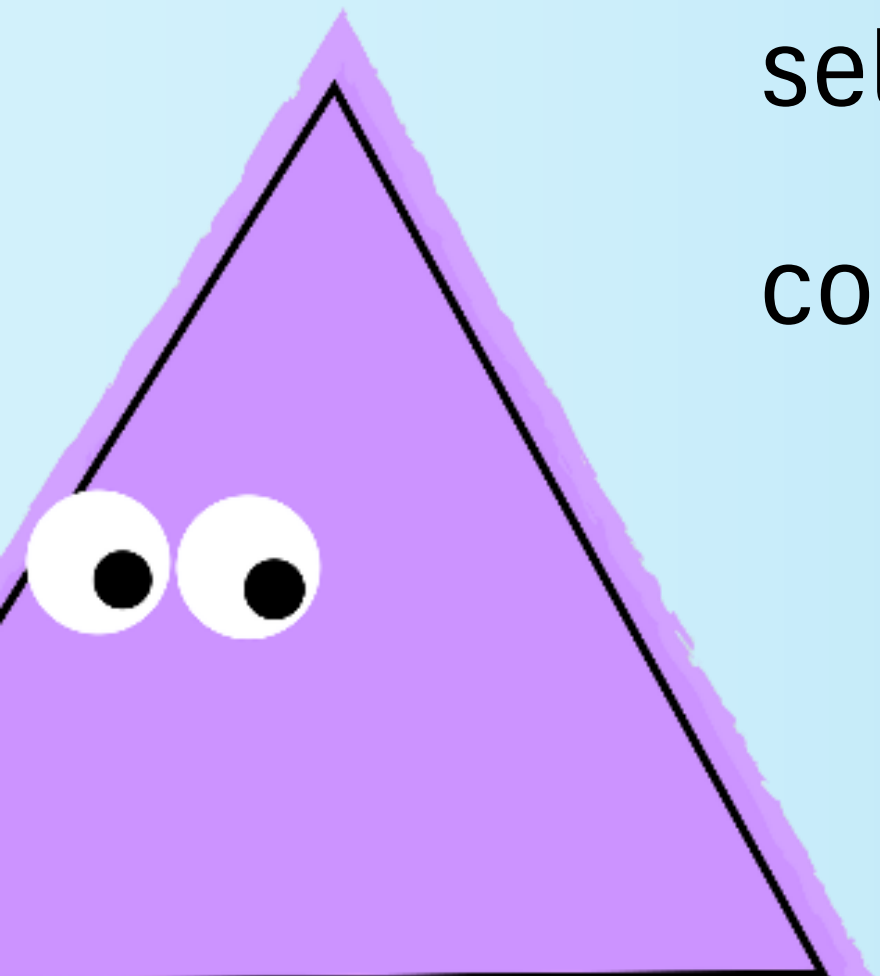
HELP MYSELF

Unlock a wealth of self-help resources!

Immerse yourself in reading for wellbeing

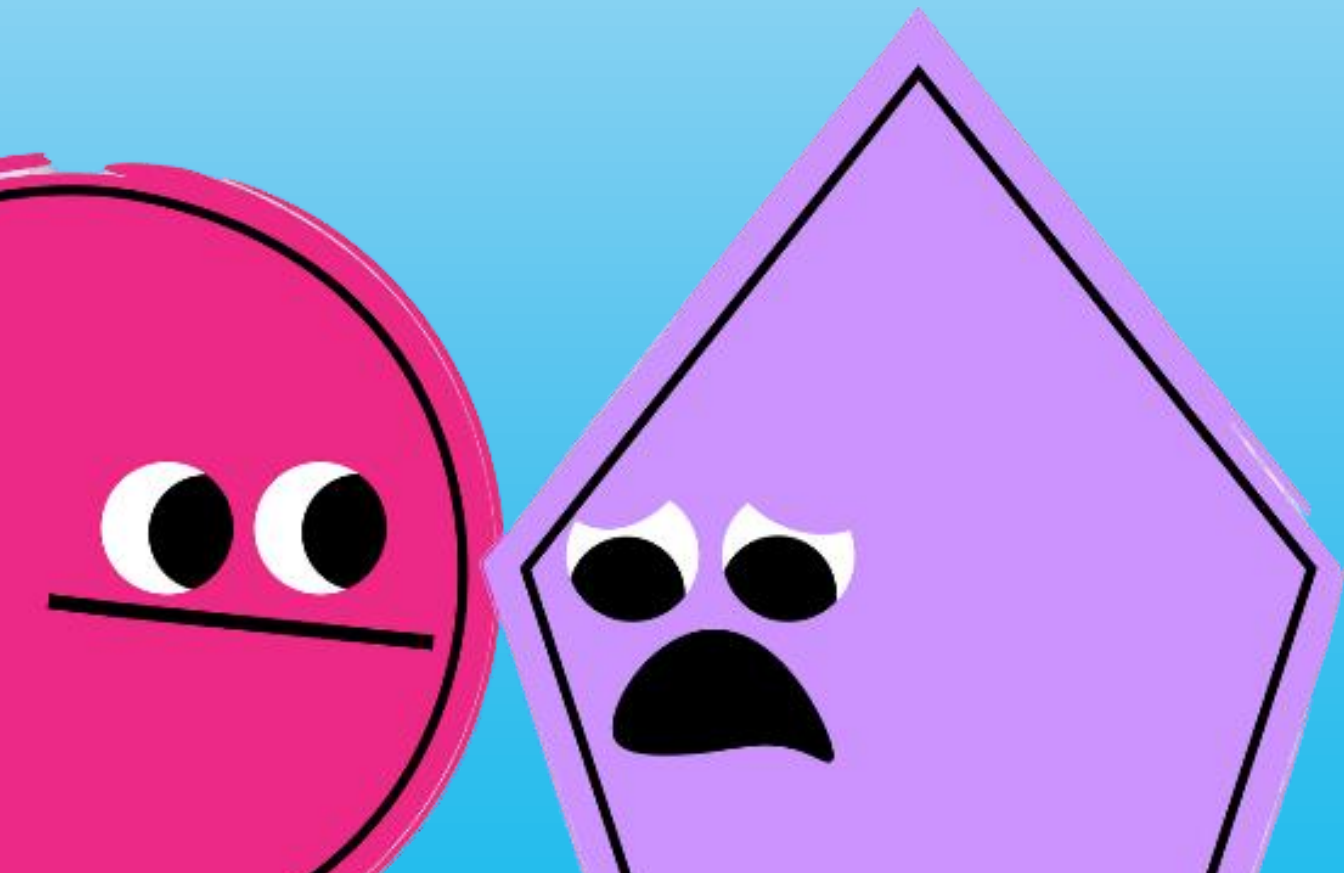
Explore **togetherall!**

A 24/7 online platform that provides courses, self-assessments, and a supportive online community.



CONNECT TO OTHERS

Peer support involves individuals sharing their own experiences to assist one another. While there are various forms of peer support, they all share a common goal: to connect people with similar experiences for mutual support.



Chaplaincy



The Multifaith Chaplaincy Team at Sheffield Hallam supports the spiritual needs of the university community by:

- Fostering a welcoming environment
- Offering pastoral care, support and spiritual guidance both from a religious and a non-religious perspective
- Providing spaces for worship, reflection, and dialogue

They promote understanding among diverse faiths and beliefs.

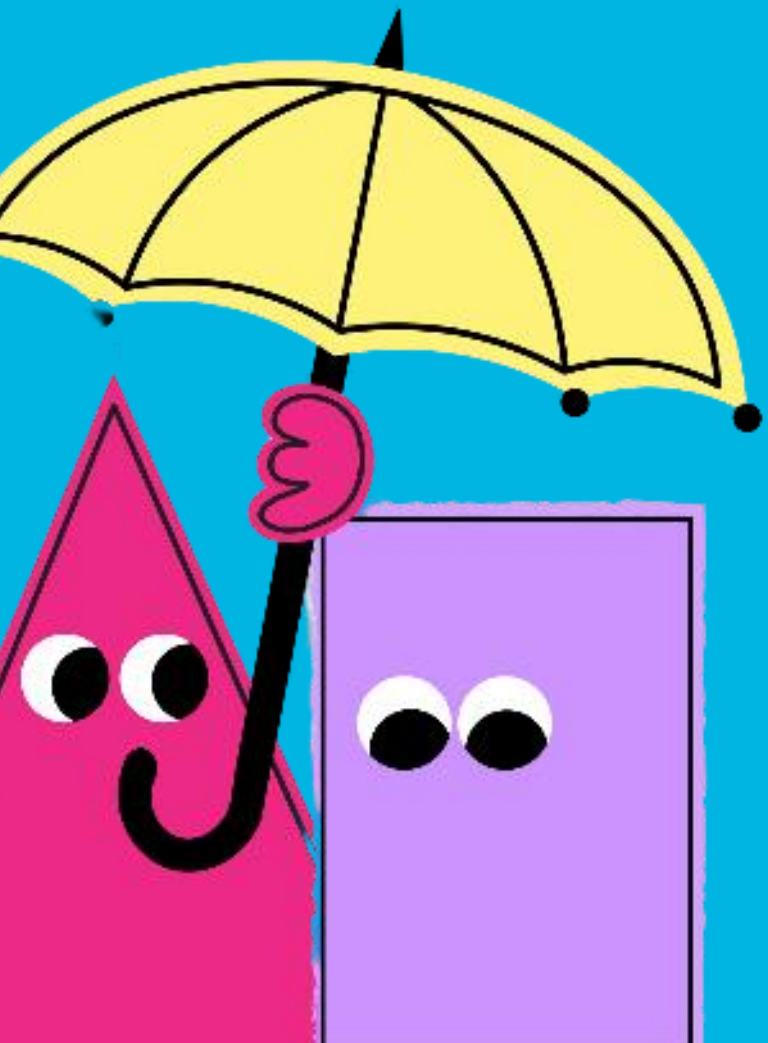


TALK TO SOMEONE

At Student Wellbeing & Belonging we provide a toolbox of support!

If you are struggling and would like to talk to someone about your emotional and mental health. We offer in-person, telephone or online support with a therapeutically training practitioner.

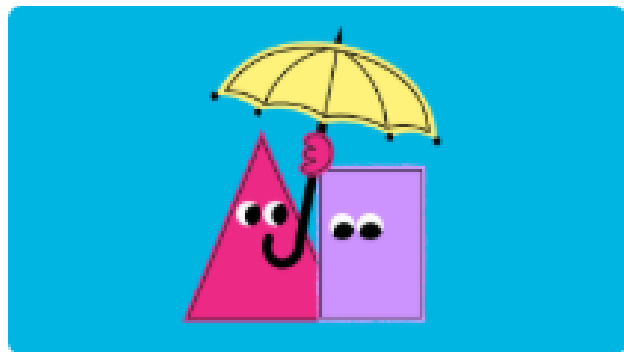
- **Wellbeing Appointments**



Student wellbeing

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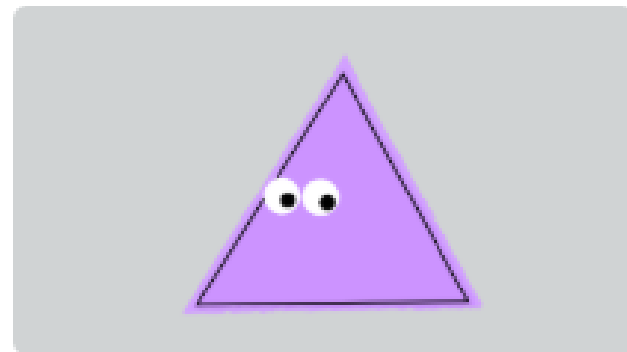
I want to...



Talk to someone

Need to talk to talk things through? Register to speak to a Wellbeing practitioner

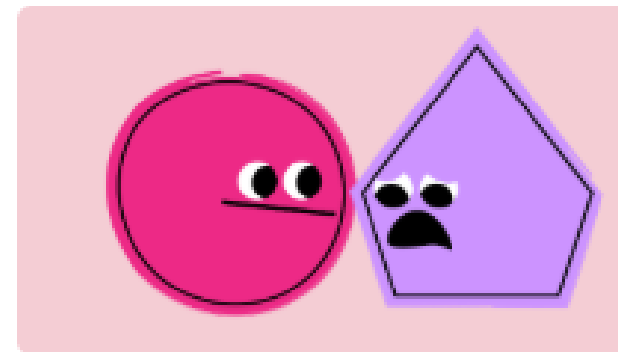
[Register for support](#)



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REPORT AND SUPPORT

Have you experienced sexual violence, harassment, abuse or hate crime, on or off campus? **It matters. Talk to us.**

reportandsupport.shu.ac.uk

Take a look



shu.ac.uk/wellbeing