Hi All,

Hope you have all now managed to see all of your teachers and settle back into face to face lessons. I know that for most, routine is a big help when it comes to our wellbeing. Hi to our new members, I’ve met some of you this week and last and hope that you are feeling positive about the support you have received so far. These e-mails are meant to be a way to share info and resources with students who are feeling concerned over their mental health and so I hope to cover as many topics as possible.

If you are waiting on a particular topic, please let me know what you would find useful, as collaborating with students on what they want to know about is what I aim for- it’s a two way street.

This week I want to share a really helpful and comprehensive resource on university. Although it covers many topics linked with mental health, it also covers what to prepare for, finance, safety, relationships and independent living. This has been shared by Anna Freud Foundation and Student Minds UK, who have lots of free resources and videos you may want to explore further.

Most of you in second year will be heading to university in September, looking into accommodation and applying for finance so this will certainly help you to consider what changes to prepare for. First years and Foundation have a little more time but will be starting choices this week as well as thinking about finance and statements on the weeks running up to the summer holiday, so there really is something for everyone:

<https://www.mentallyhealthyschools.org.uk/resources/know-before-you-go-guide-to-navigating-university-life/>

Enjoy the rest of your week and remember to reach out if you need any support whilst we settle back into the hybrid timetable.

Jen