

IF IT'S ON YOUR MIND, IT'S ON TOGETHERALL

Did you know that you have **FREE** access to a safe and confidential community to get support when you're feeling low?



Community

We offer an anonymous community to share how you're feeling, listen and be heard.



Courses

Find courses specific to your concerns and learn techniques to manage your mental health.



Resources

Tools, self-assessments and articles that help you understand how you're feeling and track your progress.

Register here



FREE to all students (16+)

We may share information we hold about you in circumstances of risk, where we may refer you to emergency services or to any healthcare professional or your commissioning institution to protect your welfare or the welfare of others.