

Tuesday, 15 September 2020

[Health and Social Wellbeing Improvement](#)



This booklet is full of practical tips and information on managing stress and achieving and maintaining positive mental health and emotional wellbeing. It also contains a comprehensive list of helpful local organisations and websites. The booklet targets first year students at university and further and higher education colleges as the transition from school to further education can be a very stressful time. Updated for 2020, the booklet is available this year as a PDF only.

Details

Format

32 page booklet, PDF only

Target group

Students and general public

Downloads

Attachment	Size
Mind Your Head Booklet 09_20 final.pdf	3.27 MB
Mental Health Poster 06_19 final.pdf	2.32 MB

Tags

- [students](#)
- [young people](#)
- [mental health](#)
- [stress](#)
- [emotion](#)
- [services](#)

- [university](#)
- [college](#)
- [school](#)
- [coping](#)
- [worried](#)
- [money](#)
- [sex](#)
- [relationships](#)
- [body image](#)
- [family](#)
- [prejudice](#)
- [help](#)
- [home](#)
- [take control](#)
- [feeling down](#)

[Print](#)