

Hey Team,

Thank you for taking the initiative to champion mental wellbeing at our university! Together with Intellect, our wellbeing benefit, we're sharing relevant and ready-to-use resources (posters, infographics, wellbeing challenges, etc.) designed to spark conversations, prioritise mental health, and make wellbeing support feel accessible to everyone.

With your help, let's continue to create an environment where everyone feels supported and encouraged to care for their mental wellbeing.

Share the resources through:

Student portals or university social media pages

Post engaging infographics or bite-sized videos.
E.g., Share a self-care bingo and make it a challenge to encourage students to build better habits

University newsletters or bulletin boards

Pick a relevant resource to feature in newsletters or post on campus bulletin boards.
E.g., Share tips on managing stress during busy semesters

On-campus digital screens or common areas

Play videos or display posters in common areas such as the library, student lounges, dorms, etc.