

Hey Team!

Thanks for stepping up to champion mental wellbeing at our university 🍀 Together with Intellect, our wellbeing benefit, we're sharing ready-to-use resources, from infographics to short videos to fun wellbeing challenges, that help spark open conversations and make mental health support approachable to everyone.

With your help, let's continue to create a campus life where you and your peers feel seen, supported, and encouraged to care for their mental wellbeing!

Share the resources through:

Student newsletters or bulletin boards

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

Class group chats or clubs and societies chats

Send useful tips and tricks, self-care reminders, or bite-sized videos in class or clubs and societies chat groups.

Clubs and societies' social media pages

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