

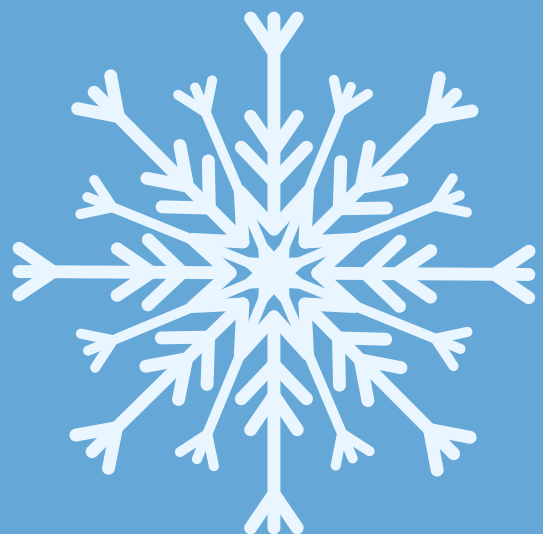
Wellbeing Toolkit

Support

- The UoR [COVID-19 support telephone line](#) is open for any queries or concerns surrounding the pandemic: 0118 214 7813
- Keep yourself informed by regularly checking [Essentials](#) - your hub for all the latest information and support.
- [The Student Welfare team](#) is here to support you with any personal struggles, worries and concerns that you may be experiencing.
- If you find that your mental health has been affected by recent Covid-19 issues, or perhaps there has been something troubling you that's unrelated to this, it may help to speak with someone in the University's [Counselling & Wellbeing Team](#).
- [Student Space](#) is here to help you find the support that you need during the coronavirus pandemic. However you're feeling, help and guidance is available. Explore a range of trusted information, services and tools to help you with the challenges of student life.
- [Togetherall](#) is a safe and anonymous online space which you can go to if you're feeling down, struggling to cope, or just want to talk to people who understand what you're going through.
- The [RUSU Welfare Directory](#) provides contact details for a variety of organisations and support within, and external to, the University of Reading.
- [RUSU Advice Service](#) – free, confidential and independent advice is available from the Reading University Students' Union
- Our [NHS self help guides](#) are available to download in several formats. Information available on Abuse, Alcohol, Anxiety, Bereavement, Stress, plus many more.

Community

- [Get Together, Apart \(STA\)](#) student events - GTA is an initiative to bring together all the events happening throughout the University of Reading into one place, so you can continue to enjoy events.
- [Supporting Our Students \(SoS\)](#) connects you to a fellow student or university staff member to help you feel more connected to our community at a time when we still cannot quite return to normal.
- [Reading University Students' Union Community Facebook page](#). A space for the RUSU community to share ideas, tips, updates and information and for us all to come together and support each other, and just have a bit of fun.
- Join our [Instagram community @uor_studentlife](#) see posts from our Student Voice Ambassadors, events, wellbeing, Careers advice and more!
- Download the [Home at Halls app](#) - dedicated to improving your student experience and time in halls. Through the app, you can; view and register for events, access useful information and more.



Wellbeing Toolkit

Money

- [Blackbullion](#) offers several educational courses to help you better handle your finances while at university.
- [The Student Financial Support Team](#) are available to provide advice and support on money-related matters, whether its regarding your tuition fee or maintenance loan, bursaries and awards or advice on how we can support you if you are experiencing unexpected financial difficulties.
- Find out more about the funding, bursaries and discounts available to you visit [funding opportunities](#) - you can currently apply for the Digital Support Fund and the Student Support Fund.
- Contact [RUSU's Advice Service](#) for further support and independent advice.

Study

- The University of Reading Library is open for [study space](#) and [Click & Collect](#) - Book a [Library study space](#) to help you study safely.
- [New Year Study Advice](#) - Our Study Advisers have some new videos to help you and some top tips for starting the year on the right track.
- The Study Advice team will be [running webinars](#) throughout the academic year to support you with all aspects of your study.
- [Life Tools](#) offers a programme of practical webinars to help you manage some of the day-to-day challenges of university life (including sessions on coping with pressure and improving concentration).

Wellbeing Tips

- Make sure you continue to interact with others in person or online. Stay connected – by phone call, message, video call, email.
- Stay active -try the [couch to 5K](#) challenge
- Create structure in your day – times when you are studying, when you are resting and leisure time.
- Get creative – try something new like doing a puzzle, macrame, [Music at UoR](#), arts and crafts - check out [Get Together Apart](#) and [RUSU for online events](#) and activities.
- Get as much fresh air, sunshine and nature, as you can – take a walk, breathe in the fresh air.
- Learn something new - why not take on [30 day photography challenge](#), or start an online course - UoR Students have free access to [LinkedIn Learning](#).
- Take some time away from a screen – read a book, do some meditation.
- Plan things to look forward to - even if this is a coffee and catch-up on Zoom.

