



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

- [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.
 - [Virtual Global Buddies](#) - a place for all students to participate in activities and make new friends. Usually the theme is a cultural celebration to give students a sense of belonging. Global Buddies also helps to expand people cultural knowledge. Each week activity theme will be released on social media.
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- 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.
 - Subscribe to the [Student Services News blog](#), the [Student Life blog](#) and [Twitter](#), for all the latest blogs, news, student content and more.
 - Get involved in [RUSU societies](#). Joining a society is a great way to make friends, meet like-minded people, be part of new experiences, develop your skills or discover a new one.
 - [The Chaplaincy](#) is based around the work of our chaplains - a friendly group drawn from local places of worship who offer support to students and staff, whatever their religious beliefs.

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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](#).
- Contact [RUSU's Advice Service](#) for further support and independent advice.

Study

- You can now request items from the Library using the [Click & Collect service](#).
- Book a [Library study space](#) to help you study safely.
- The Study Advice team will be running [webinars](#) throughout the Autumn term to support you with all aspects of your study. From structuring your essays to developing your critical thinking skills, these friendly webinars are designed for you to get some tips from the experts and put your studies on track for success.
- [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](#) -dance in your room, try yoga or online workouts.
- 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 [RUSU for online events](#) and activities.
- Get as much fresh air, sunshine and “nature”, as you can – have the windows open, take a walk.
- 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.

