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| Image result for wellbeing students  **stay well at exeter**  Connect. Communicate. Care*.* Who can I turn to for help? We understand that moving to university can be overwhelming socially and academically. Living away from home, adjusting to student life and meeting new people can be daunting.  We all experience difficult times and each one of us will feel moments of sadness, pain, and isolation. Such emotions are part of the human experience, and are usually balanced with other feelings of happiness, well-being and contentment.  Sometimes however, difficult feelings and behaviours can become overwhelming and do not seem to pass with the usual ups and downs of life. At times like these, you may wish to consider seeking support from Exeter Wellbeing services on campus. | Did you know that 450 million people in the world suffer from mental health problems??  ────  Among that 77% of UK students suffer from depression-related problems. Meanwhile 94% of students reported not being able to cope in the past year.  ────  This has spurred 94% of higher education institutions experiencing a rise in demand for Wellbeing services in the past 5 years  ────  Fear not, we are here, and we are here for you and only you!!  For more information refer to the website below.  **Contact**  Reed Mews Wellbeing Centre University of Exeter Streatham Drive Exeter  EX4 4QP  01392724381  http://www.exeter.ac.uk/wellbeing/contact/ |