

GETTING SUPPORT IF YOU NEED IT

Trained Wellbeing Practitioners at the University of Exeter Wellbeing Service with expertise in supporting these approaches are ready to offer *support* if you need it.

To access support just do the following:

- Send an email to the following e-mail address given to *request e-support*.

welfare@exeter.ac.uk

- Try to give as much detail as you can about the difficulty you're having.
- Include the page number where you have experienced difficulties.
- If you have completed any worksheets attach them to the email.
 - If writing directly into the worksheets just take a photo and attach that.

Providing this information will enable your Wellbeing Practitioner to clearly identify the problem. They will then get back to you by email to provide advice as to how to overcome the difficulties.

Whilst your Practitioner will get back to you in a timely manner, please don't expect an immediate response as they will be providing *e-support* to other students.

Using this approach during this difficult time, you are going to ask a lot of yourself and at times you may simply want to give up working through the workbook. However, it's likely your Wellbeing Practitioner has seen it all before and will be able to help you if needed. Once again, drop us an email, as we may also be able to link you up with a wide range of other support services available to help you at the University of Exeter.

