



Are you struggling with feelings of stress, worry or overwhelm?

Ask about our free evidence-based digital mental health and wellbeing supports today.

Being a university student can bring many challenges. From managing finances, feeling isolated, to managing exam stress – a lot of things can affect your mental wellbeing.

Don't struggle in silence.

The SilverCloud[®] by Amwell[®] online mental wellbeing programmes can help.

The evidence based SilverCloud[®] programmes are based on Cognitive Behavioural Therapy (CBT), psychoeducation and positive psychology. They are designed to help you understand and manage your thoughts and feelings, so you can focus on your goals.



Easy to use

Available online 24/7.
Accessible on your phone, tablet or laptop whenever you need.



Proven to work

Evidence based digital CBT that has already helped over 1 million people to think more helpfully and manage difficult feelings



Right for you

Private, judgement-free and tailored to your needs.

Speak to a member of the university staff for confidential information or find out more here.