

## Day 1: Welcome Week

Want to learn about how [UNI] is supporting your mental wellbeing this term? Check out our evidence based online mental health and wellbeing programmes via SilverCloud<sup>®</sup> by Amwell<sup>®</sup>

If you are feeling overwhelmed, stressed, worried or lonely, online Cognitive Behaviour Therapy programmes can support you to feel better faster [LINK]



## Day 2: Wellbeing Post

Your mental health is as important as physical health. All students and staff at [UNIVERSITY] have free access to evidence based SilverCloud<sup>®</sup> by Amwell<sup>®</sup> mental health and wellbeing programmes to help build resilience, manage stress, and manage mental wellbeing. Learn more [LINK]



## Day 3: Emotional Resilience

Learning how to manage your mental health and wellbeing can make it easier to cope with stressful situations. This can be referred to as Emotional Resilience. Building your emotional resilience can help you regain a feeling of balance in your life .

Try our evidence based SilverCloud<sup>®</sup> by Amwell<sup>®</sup> digital mental health and wellbeing programmes based on cognitive behavioural therapy (CBT) to help you build emotional resilience [LINK]

