

COVID-19 Adaptations

- **Guided Relaxations (myLTU):** 280 downloads (April-July)
- Staff trained in remote delivery of therapy
- **Creation of Semester one resilience programme**
- Creation of “Headspace – 21 Days of Wellbeing” programme
- **Referral process moved online (myLTU)**
- Assessment booking moved online (MS Bookings)
- **Therapy provided online (MS Teams and Phone)**