



## Supporting Positive Mental Health during COVID-19

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Wellbeing)

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## Summary of service provision:

- Extended Daily Drop-in hours (SCW@LUU), Mon-Friday ([Zoom/telephone](#))
- Online self-referral to register for Wellbeing, Counselling or Mental Health individual appointment. ([Zoom/telephone](#))
- Wellbeing Webinar Programme ([Zoom/Collaborate](#))
- Meditation, Mindful Relaxation and Mindful Resilience ([Zoom](#))
- Enhanced Support, Medicine and Healthcare NHS workforce students
- Student Space - <https://studentspace.org.uk/>
- Risk management – coordinated support with NHS, mandatory location details and emergency contact.

# Student Counselling and Wellbeing

STUDENT OPPORTUNITY DIRECTORATE



UNIVERSITY OF LEEDS

