



Wellbeing support for you

Need to talk to someone about your wellbeing? Whether you want support with something specific or need tips on how to stay well, we can help.

Join one of our student wellbeing coordinators for a confidential 15-minute chat on Microsoft Teams. If you need specialist help, they can also point you in the right direction.

This online wellbeing drop-in service is available during these times*:

Monday 2–4pm

Wednesday 12–2pm

Friday 11am–1pm

Scan the QR code to join a session.

Your wellbeing matters.



*Subject to change.
Excluding bank holidays and university closures.



**UNIVERSITY OF
GREENWICH**