

# Student Wellbeing

Student Wellbeing are here to support you in relation to your emotional, psychological, physical and spiritual health needs.

We will be here for you throughout your time here with us at University of Sunderland.

We are a multi-disciplinary team and our role is to work alongside you, providing professional support and expertise.

We provide appointments face to face, by phone and by Skype, whatever you prefer. Drop in sessions are available each day too.

We also offer a range of groups and workshops across the academic year.

As a student at the University of Sunderland, you can also access our suite of online self-help programmes to support your emotional and mental health. This is available 24/7 and this is completely free. [www.sunderland.ac.uk/silvercloud](http://www.sunderland.ac.uk/silvercloud)

We work closely with external agencies in the City and can help you to access local services and specialist services should this be required.

If you are living away from home, please remember to register with a local GP.

Links to local GPs can be found here [sj.sunderland.ac.uk/wellbeing/physical-health/doctors-and-dentists/doctors-surgeries-in-sunderland/](http://sj.sunderland.ac.uk/wellbeing/physical-health/doctors-and-dentists/doctors-surgeries-in-sunderland/)

We want you to get the very best from your student experience. Please stay safe and prioritise your health and wellbeing. It makes such a difference not only to your student experience but also to academic success.

To support you we offer a range of health promotion sessions, groups and activities across your academic year. [sj.sunderland.ac.uk/wellbeing/ev-entsworkshops/](http://sj.sunderland.ac.uk/wellbeing/ev-entsworkshops/)

All of our services are free and highly confidential.

Your Wellbeing is our priority. Please make sure you prioritise self-care and if you need us, we will support you to create positive change.

We are easy to access and are based at City Campus (below) and St. Peter's Campus in Prospect (Student Support Suite)

Evening appointments are available if this makes it easier for you.

To find out more simply pop in, email us or give us a call.

Please be assured, no problem is too big or too small.

Student Wellbeing

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