Student Wellbeing Hub

What do you need support with?

(Click on the icons to link to further information)
Helpful Apps

My Study Life
My Study Life is a cross-platform study organising app for both students and teachers to help reduce stress.

Calm
Calm is an app designed to help with anxiety, stress through meditation.

Smiling Mind
Smiling Mind is a mindfulness meditation website and iPhone app for young people. Get professional and youth advice for using it.

eheadspace
eheadspace is an online counselling service for young people 12-25, with clinical support. Get professional and youth advice on using it.

Recharge
Recharge is a six week program aiming to improve mood and energy levels by establishing a good sleep/wake routine. Available from the App store and Google play.

Kids Helpline
Kids Helpline is a free 24/7 phone and online counselling service for young people aged 5 to 25.

Bite Back
Bite Back is a service for young people who are in immediate danger.