Our student newsletter aims to help you make the most of your time at Leeds. Send your thoughts and any feedback to the student communications team.

Don’t forget to join our Facebook group for current students, follow @UoLStudents on Twitter or visit students.leeds.ac.uk for everything you’ll need while you’re at Leeds.

World Mental Health Day – support available all year round!

It’s World Mental Health day today, and we wanted to use today to remind you of the support that’s available to you all year around:

- A useful list of contacts who can help in an emergency or when you need immediate support (this includes support that’s available when the University is closed).
- Online resources (including access to Big White Wall and meditation techniques) that can help you take action and stop problems from escalating
- External and NHS support in and around Leeds
- Groups and workshops that are designed to improve your wellbeing, develop skills and give you opportunities to connect with other students with similar experiences
- Student counselling and wellbeing drop-ins in partnership with LUU
- LUU’s student advice centre – details of the advice it offers is on the LUU advice pages
- A list of accessible facilities on campus
- Support and help with your studies from the University.

Remember to talk to your personal tutor or a member of your student support office that’s in your faculty if what you’re going through is because of your studies or affecting them.

Upcoming wellbeing events on campus:

LUU’s what’s on pages tell you of events you can join that help you enhance your wellbeing. Some World Mental Health Day focused events include:

- World Mental Health Day Fair. Wednesday 10 October, 9am-4pm, LUU Foyer
- **World Mental Health Day photography exhibition & competition.** Wednesday 10 October, 10am-4pm, LUU Foyer.
- **Leeds Mind: Introduction to Peer Support.** Wednesday 10 October, 11am-12pm, LUU Room 2.

Other events on over the next few weeks include: Pet Therapy, the Power of Thought, Daoist Tai Chi and a Stress Reduction workshop. To find similar events visit the LUU website and search for ‘wellbeing’ in the categories.

**Other events on campus over the next few weeks:**

- **Learn to save a life in just eight minutes.** There are two events this week – if you can’t make it to the event, we’ll also be live on Instagram so remember to follow the universityofleeds on there and turn on your notifications.

- Visit the **Study Abroad Fair** to see a showcase of the University’s study abroad programme and to find out more about the opportunities for undergraduates to study abroad as part of their Leeds degree.

- Learn about other cultures, practise your language skills, make new friends and enjoy free tea, coffee and biscuits at the **Global Café. Every Monday 5.30-7.30pm**

- **Sign up and come along to FindAPhD LIVE Leeds,** our on campus PhD Study and Funding Fair.

- Discover the wide range of volunteering opportunities available to you in Leeds at this year’s Autumn Volunteering Fair. **Login to Leeds for Life for information.**

**In case you missed it**

- Returning and new students are expected to complete registration by 12 October. Visit the **registration section for information** what to do if you’ve not done this yet.

- The University will officially launch a new project that **pledges its support to students who are studying without family support.**

- Students can get 10% off a range of courses run by the Sport and Physical Activity service here at Leeds. **Click here to see the range of courses available.**

- Undergraduate students interested in leadership can apply to shadow a top CEO as part of the **CEOx1day programme.**

- Find out about **Leeds Nightline and the volunteering opportunities** that are available for you to develop and enhance your skills.

- There’s a list of **campus disruptions** available online which tell you about works happening on campus and information for alternative routes.