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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](https://students.leeds.ac.uk) for everything you'll need while you're at Leeds.

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## 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.

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## 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.

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### 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](#).
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### 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.
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