WELLBEING SUPPORT @LJMU

The Student Wellbeing Advisors are here to help you with any issues you are having at University that are affecting your wellbeing and/or your mental health.

TO ACCESS WELLBEING SUPPORT, STUDENTS CAN:

- Book a virtual/telephone wellbeing appointment via MyLJMU
- Email us on studentwellbeing@ljmu.ac.uk or call us on 0151 231 3664 (available 9am-5pm, Mon-Fri)
- Follow us on social media @ljmusaw



- Access our self-help information (see below)
- Enrol on our Canvas Open Course (see below)



STUDENT WELLBEING TEAM

SELF HELP INFORMATION



CANVAS



