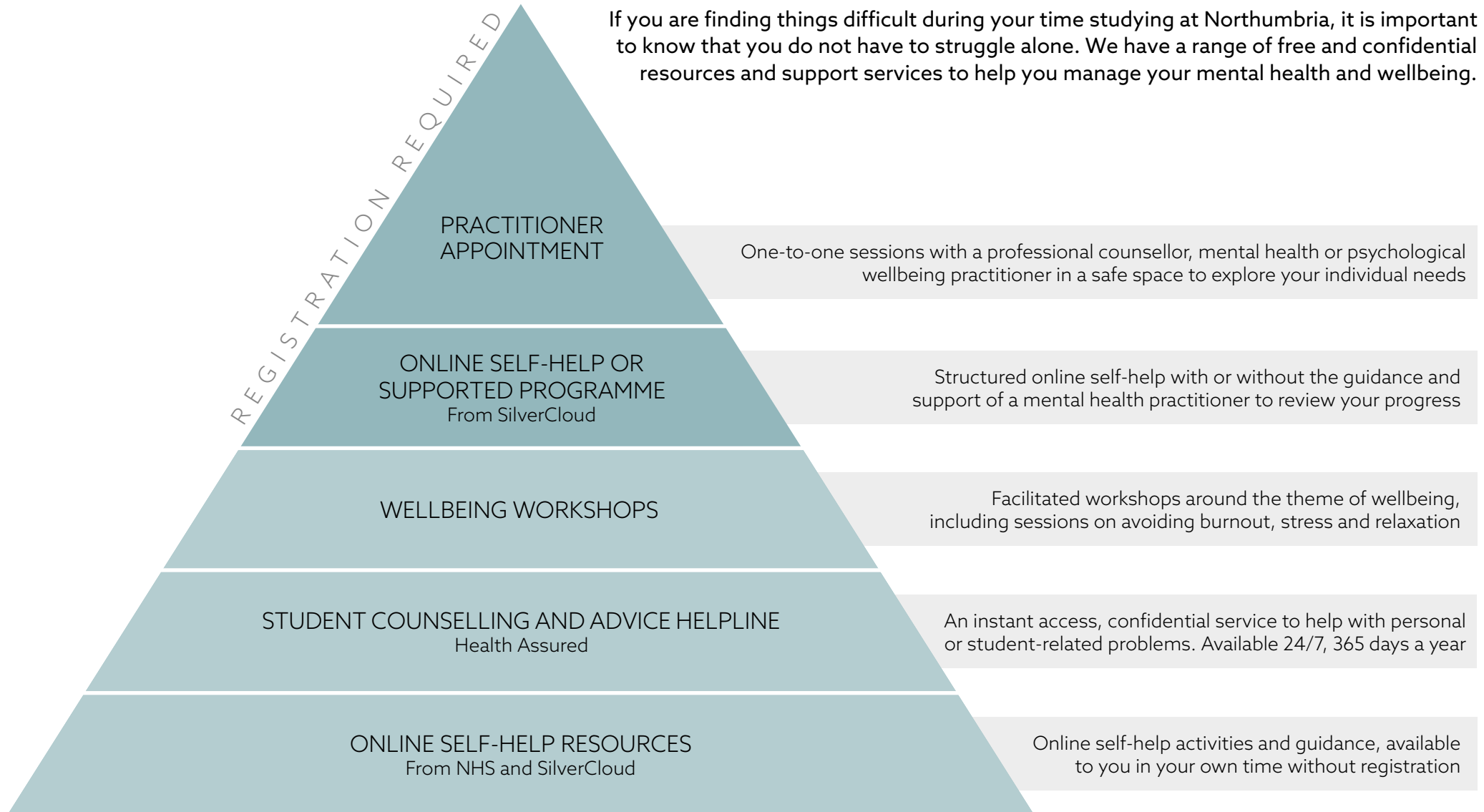


# THE COUNSELLING AND MENTAL HEALTH SUPPORT TEAM

## Supporting your mental health and wellbeing

If you are finding things difficult during your time studying at Northumbria, it is important to know that you do not have to struggle alone. We have a range of free and confidential resources and support services to help you manage your mental health and wellbeing.



**Current students can access the Student Portal**