

Free mental health e-learning for all university staff

Raising awareness



fighting depression

Would you like to feel more confident to support students in distress?

- Easy-to-follow 20-minute sessions, including:
- Signs to look out for
- Key helping skills
- Knowing who else to involve

For students experiencing depression, anxiety, homesickness or low self-esteem, that first conversation can make all the difference.

For

- security staff
- accommodation staff
- careers advisors
- chaplains
- personal tutors
- librarians
- registry staff
- caterers
- porters
- cleaners

...and all other university staff



To find out more and access the sessions, visit: <http://learning.cwmt.org.uk>