

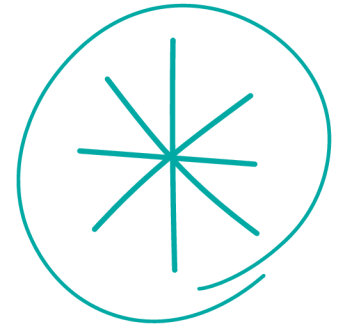


Grades matter,
but you matter more.



Student Counselling Service

Your mental health matters.



Student life can be amazing - but also seriously stressful. Between deadlines, exams, social stuff, and figuring out your future, it's easy to feel overwhelmed.

If things start to feel too heavy, chatting with someone who's trained to listen, and to help, can really take the pressure off.

They'll give you space to talk, offer advice, and help you to see things from a new angle.

What Lena provides:

Lena offers totally independent support, giving you access to loads of mental health and wellbeing options designed to help you, including:

24/7 Helpline

Free, confidential, and always available, day or night, all year round. If you need someone to talk to, we're here.

Fast access to therapy

Get connected quickly with local counsellors who are trained, kind, and get what you're going through.

Flexibility around how you engage

Choose what works for you: chat in person, over the phone, or by video - whatever feels most comfortable.

Student Support Hub

A digital space full of helpful info, self-care tools, and resources made just for students.

More info on the Lena Support Hub

Our online Student Support Hub provides access to a range of wellbeing information, guidance, screening and intervention tools. And it's constantly reviewed and updated with new content.

It includes:

Guided self-assessment via 'iHelp' chatbot'

- Our chatbot will guide you to personalised recommendations to support your needs.

Self-help courses and digital intervention tools

- A series of self-guided interactive tools including e-learning, to improve your understanding on a range of issues.

'Five ways to wellbeing' database

- The database will help you to identify a range of activities linked to each of the five ways to wellbeing ie: Connect/Be active/Take notice/Keep learning/Give.

Personalised dashboard

- A personal area of the Hub highlighting recommended resources, featuring a mood and sleep tracker alongside a gratitude diary where you can take time to reflect.
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Scan the QR code to access the Hub or visit lenasupporthub.com
Your unique registration PIN is: **NWRCHUB**



All good? If not, we're here.

Therapy is all about helping you work through what's going on and finding ways to make things better.

You'll set goals together with your therapist, and they'll support you every step of the way - reminding you that change is totally possible.

They'll help you identify your strengths and skills, and show you how to use them to deal with whatever you're facing.

Tel: 0808 175 3561

Email: support@lenabyinspire.com

Visit: lenasupporthub.com

Your words, not ours:

'Making the phone call for help was so difficult, but the person on the other end of the call was so lovely, helpful and genuine.'

'From day one, (my Lena therapist) was friendly, welcoming, supportive, and a listening ear which was just what I needed.'

  [@lenabyinspire](https://www.instagram.com/lenabyinspire)

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