

WELLBEING

Whether you are feeling lonely or need some advice, there is support available!

SELF HELP Online resources

The SU website provides access to online self help resources for different kinds of advice and wellbeing support.

Check those out here:
[Help and Support](#)

WELLBEING CONTACT INFORMATION

Need to talk to someone?

THE STUDENT ADVICE CENTRE:

<https://www.hallamstudentsunion.com/support/advice/>

Email: advicecentre@shu.ac.uk
Phone: 0114 225 4148

UNIVERSITY WELLBEING SERVICES:

<https://www.shu.ac.uk/wellbeing>

URGENT HELP:

<https://www.shu.ac.uk/wellbeing/urgent-help>

WELLBEING ACTIVITIES

Check out the [Whats On](#) page for activities to support your wellbeing.