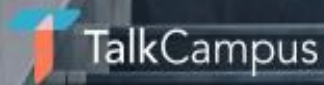


Dear All

Institute has tied up with a new mental health service called TalkCampus. It's a free to download app where students can talk with other students from around the world if they are struggling and worried about their mental health. The student email address will give them free access, they just have to download TalkCampus from the app stores. TalkCampus is anonymous, it isn't run by us and we won't be able to see if who is using it. TalkCampus is based around peer support. They can use it if they need some help for themselves or they can go on there and listen and support others. The platform is safe and moderated and is designed as a place where they can talk about how they are really feeling. Student life can be tough and we know sometimes they might not want to talk to us about how they are feeling. TalkCampus isn't a replacement for counselling or professional support, however it is a great place to start talking and to make sure that however they are feeling they are not alone. Please encourage the students to use it.





Don't struggle alone.  
Let's talk!

Search 'TalkCampus' in your app store.



Struggling?  
Let's talk!

Search 'TalkCampus' in your app store.



Overwhelmed?  
Let's Talk!

Search 'TalkCampus' in your app store.