

How are you?

Mental health & wellbeing care is important for every one, every day.

Not just at times of additional stress like exams, assessments, presentations and vivas etc. and not just for students.

Join us for a talk from student counselling highlighting the importance of wellbeing especially during times of stress, followed by an open discussion and pre-exam stress tips!

From Student Counsellors and Wellbeing Advisors
Silvia Piccinini and Sarah Lockwood

All welcome

Wednesday 21st November at 4pm
JA 811, John Anderson Building

Organised by the Women @ Strathclyde in Physics support group

1 in 4

people will experience a
mental health problem
each year *

Only ~25%

of people with mental
health problems receive
support each year *



www.facebook.com/groups/strath.wasp

*mind.org.uk