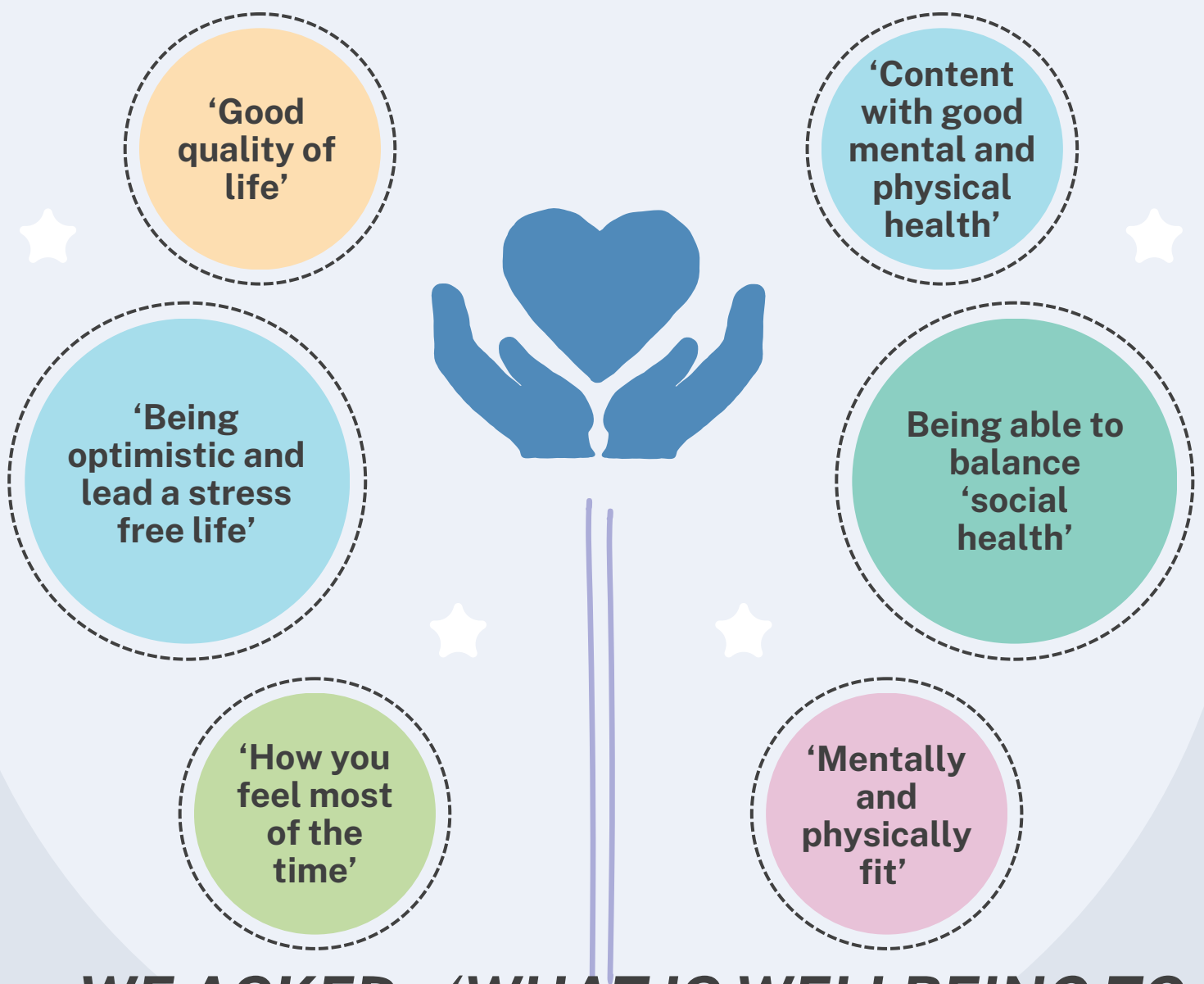




MVLS STUDENT VOICE

MENTAL HEALTH & WELLBEING



WE ASKED - 'WHAT IS WELLBEING TO YOU?'

WHAT IS THE MOST IMPORTANT FACTOR IN MAINTAINING GOOD MENTAL HEALTH? YOU SAID...



Self care



Work-life balance



Sleep



Acceptance with own feelings



Self awareness



People you can talk to

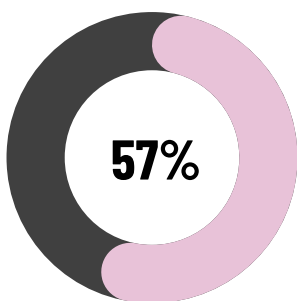


Knowing there is help

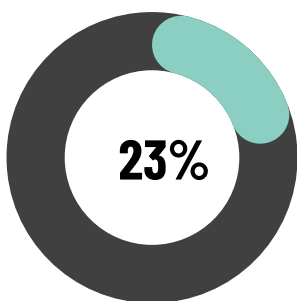


Seeking help when needed

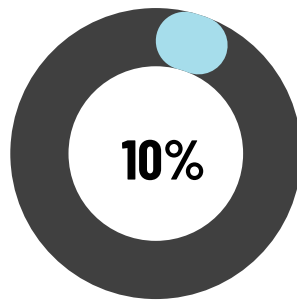
We asked how often people felt overwhelmed balancing academics, social life and personal time



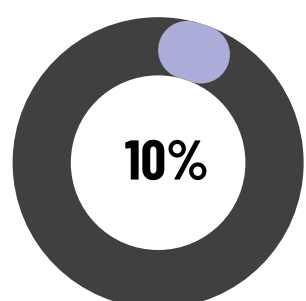
Often



Sometimes



Always



Rarely

We asked how confident people were to ask for help if they were struggling



Somewhat Confident slightly outweighed Somewhat Unconfident voting around the room

We asked how we could make it easier to access support:

‘More sessions like this one’

‘Have all support as one list so it is easier to find’

‘Explain what should expect when you use support, it may bit resolve your issue immediately, it takes time to know and guide to the right solutions’

‘More and faster when booking an appointment’

‘Make the information more visible to students through social media (Instagram)’

‘Have a website to fill form then someone contact us for further consultant’

Helpful Links:



[MYGlasgow Students - Services and Support](#)

[SRC Advice Centre](#)

[Help in an Emergency/Crisis](#)

[Counselling & Wellbeing Services](#)

[Student Listeners](#)

[Disability Services](#)

[Student Support Officers](#)

[Exam Support](#)

[Cost of living support](#)

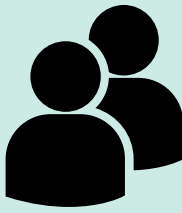
How would you reach out for support?



Friends



Family



Chief Advisors



Advisors



Counselling
Services



Peers



Student Support
Officers



SRCs



Flatmates



Course Leader



Lecturer



our inbox is always open:
mvls-studentvoice@glasgow.ac.uk