



Mental Health and Wellbeing

Health and well
being as a
student studying

Student every day life.

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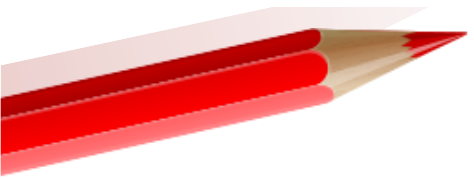
Mental health

Studying can effect students mental health a student works hard with essays assignments on a daily basis studying has extra challenges everyday one challenge can be over thinking if the assignment is enough or if we're going to pass if we've done good enough. Health conditions get extra help with finances and help with reading or writing every university in the uk gives out that extra help and when a student is struggling with mental health and study life there's always help from tutors friends and family it's okay to ask for help when you need it.



Stress can effect mental health

- Study effects social behaviour
- Students can decrease in their learning less focus
- Study can effect lower grades
- Students can struggle sleeping



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Reference list



1. The nhs have support for students on their web page
<https://www.nhs.uk>mental-health>

2. A website on google has a mind web page about studing and mentalhealth <https://www.mind.org.uk>

3. There is a student mind web about how to get support
<https://www.studentminds.org.uk>

4. There is a gov web about men health and what the uk has to help. <https://educationhub.blog.gov.uk>

