

## EDUCATIONAL & WELLBEING SUPPORTS

### EDUCATIONAL SUPPORTS



- Great tips on creating space for learning and remote working at [Keep Learning](#)
- Keep checking your emails and canvas module announcements
- Email your module leader if you have concerns
- Talk to your classmates for support
- If you are concerned about changes to assessment, contact your module leader and look [here](#) for further guidance



### KEEP PHYSICALLY & MENTALLY ACTIVE

Learn to manage your stress  
Free Evidence based Apps for stress and anxiety

- [Sanvello](#)
- [Happify](#)
- [Headspace](#)
- [Balloon \(breathing\)](#)
- [Ensure good sleep](#)

#### UCC Supports

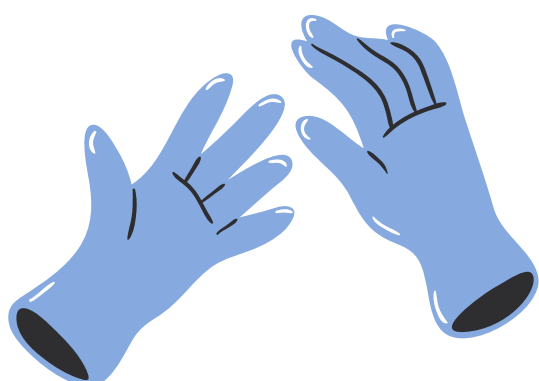
- [Student counselling](#)
- [UCC Disability Support Service](#)
- The free UCC Crisis Text Line is open 24/7:  
086 1800 280
- Resources via UCC student wellbeing [Facebook page for students](#)

#### HSE Support

[HSE Employee assistance and counselling service \(for students currently employed by HSE\)](#)



### KEEP UP TO DATE AND DEVELOP YOUR KNOWLEDGE ON THE COVID 19 VIRUS



#### Evidence based Resources

[School of Nursing & Midwifery](#)

Keep up to date with the

[UCC Covid 19 FAQ](#)