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## My Support

Support is available for you whilst attending University. It includes financial, mental, physical and emotional support both on campus and online.

2

The screenshot shows a grid of support services with the following callouts:

- Book an appointment with a wellbeing advisor, tap into online support or in person at Student Central.** (Points to the 'Wellbeing and disability' tile)
- Information on how to apply for an extension.** (Points to the 'Extensions and interruptions' tile)
- Support for your wellbeing and mental health, 24/7. The disability team offer confidential support, to support your studies.** (Points to the 'Wellbeing and disability' tile)
- University contacts and support services.** (Points to the 'Student safety' tile)
- Ask for help to stay safe. Report your safety concerns or speak with an advisor.** (Points to the 'Student safety' tile)
- Manage your money and explore funding opportunities.** (Points to the 'Student finance' tile)
- My Health – Click here for more information.** (Points to the 'My health' tile)
- Log in and find answers to your IT, Library and iPoint questions.** (Points to the 'IT support' tile)
- Drop in IT Sessions** (Points to the 'Drop-in sessions' tile)
- PGR IT Support** (Points to the 'iPoint' tile)



## My Health

3

These are some of the things to help to keep you healthy and able to cope with the pressures of University life.

4

The screenshot shows the 'My Health' section of the MyHud portal. It features a navigation bar with 'Home', 'My Studies', 'My Details', 'My Subject', and 'My Support'. Below the navigation bar, there are several service tiles with callout boxes:

- University health centre:** Register at the University health centre.
- Local NHS doctor:** Search for local NHS Doctors.
- Big White Wall:** Professional support to manage your mental health and wellbeing.
- Mental health and wellbeing:** A range of help and support available.
- Students' Union advice centre:** Free independent confidential support.
- Sports, fitness and clubs:** Click here for information on Sports and fitness programmes available on campus.

## Sports fitness and clubs

5

The screenshot shows the 'Sports, fitness and clubs' section of the MyHud portal. It features a navigation bar with 'Home', 'My Studies', 'My Details', 'My Subject', 'My Support', 'My Uni Life', and 'Graduation and beyond'. Below the navigation bar, there are several service tiles with callout boxes:

- Team Hud:** Stay active with fitness classes, court hire and personal programmes.
- Students' Union sports clubs:** Join a team and compete against other Universities.
- Students' Union societies:** Join the Students' Union societies.
- International societies:** Discover different cultures on and off campus, from all over the world.

## Student Finance

6

Manage your money and fees. Explore funding options for further study.

7

Log in to your student finance account. Access invoices, make a payment or check outstanding tuition fees.

Funding opportunities for students with disabilities, care leavers or parents who are studying.



Purchase concert tickets or conference tickets here.

Explore loans, scholarships and funding.

Need specific finance help.

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