

# Wellbeing


## UHSE links


- [Dealing with stress](#)
- [Mental Health Awareness](#)
  - [Maintaining good mental health](#)
  - [Share your story](#)
  - [Tree of Life](#)
- [Protect Yourself](#)

## External links

Business in the Community [Wellbeing resources](#)

## These pages

 If there are any problems with these pages or you have any queries, then email the [University Health, Safety & Environment Service](#).

 If you would like to be notified of updates to these pages, log in at the right hand end of the blue bar (above) using your usual University sign-in details, and then click on the 'watch' icon at the top of the page.