

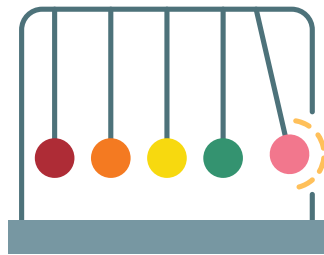
What's happening?



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Identifying possible challenges

What's the impact?



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How are you responding?

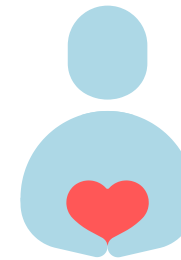
What works?



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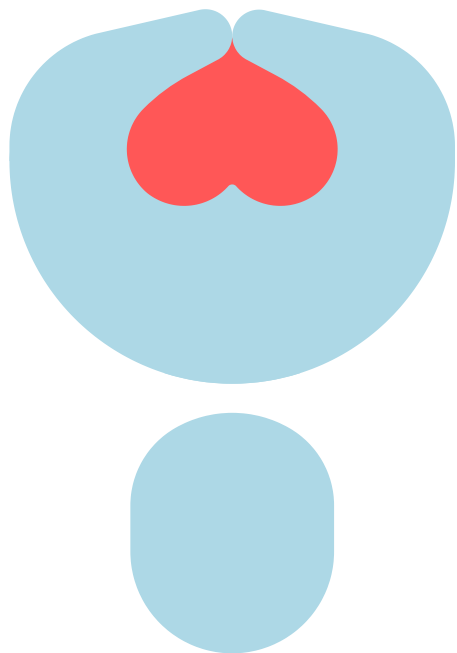
How do you know when you're going well?

What do you need?



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How can we help?



5 Ways to Wellbeing



Student Support Services



My Coping Plan



Thanks to: Mental Health and Wellbeing Team, Wellbeing Services, Western Success, Care Collaborate Connect, & Student Partners

What does your support look like?

