



No student should  
be held back by  
their mental health

I  
am  
enough

# WE ARE STRONGER TOGETHER

**No student should  
be held back by  
their mental health.**

**Student Space, run by Student Minds,  
is here to help you find the support  
that you need.**

Hear from students and explore a range of trusted information and tools to guide you through the uncertainty of student life.

Explore tips on:

- Social life and feeling lonely
- Money and financial concerns
- What support is available at your uni
- Academic stress and pressure

**STUDENT  
SPACE**

From  
**student  
minds**

