

Student Wellbeing – online resources

This article covers the online self help resources that the Student Wellbeing Service offers or recommends for tackling wellbeing issues and maintaining positive wellbeing.

[WhatsUp? app](#)

WhatsUp? is a smartphone app for University of Portsmouth students, offering 24/7 safeguarding, wellbeing, and emotional health support. This app provides a personal space to monitor your mood and express thoughts, feelings, and emotions.

Features include:

- Rate your mood
- Personal journal
- Inspirational notifications
- Raise a concern for someone
- Ask a question
- Wellbeing contacts

WhatsUp? is supported by the [Student Wellbeing Service](#) and is monitored Monday-Friday during daytime working hours by wellbeing staff. . It is important to note that it is not a crisis service and is not checked constantly, especially during peak times of year. Messages sent out of hours will be picked up the next working day. Out of hours the app provides these details for the 24/7 support available from the Samaritans. For anything requiring urgent support we suggest you get in touch with your GP or can access Samaritans helpline for free by dialling 116 123.

You can sign-up to [WhatsUp?](#) using your University of Portsmouth Student ID. Once your sign up has been validated you will be able to use the app anonymously - the only reason we would find out who you are is if we had serious concerns that you were at risk of harming yourself or somebody else.

Further information on online resources from the Student Wellbeing Service can be [viewed here](#).

[SilverCloud online courses](#)

These four individual online courses are available free of charge to University of Portsmouth students, for tackling **stress**, **anxiety**, **low mood/depression**, or **body image** issues. Learn and apply useful self management skills, using research-proven CBT (cognitive behavioural therapy) methods, in your own time and at your own pace.

SilverCloud's programmes have demonstrated high improvement rates for depression, anxiety, and stress. The programmes consist of six to seven modules for you to complete at your own pace over approximately eight weeks.

These multimedia courses are undertaken individually and confidentially. They include videos, short articles, quizzes, goal setting exercises, and a variety of other activities, as well as personal space to make notes and apply your learning. Choose whichever course is most relevant to you, or work through them one by one. An excellent foundation to ensure you have the self management skills to cope with the stress of university and life ahead.

Register directly via [this link](#). You will need to use your University of Portsmouth email address to set up your account, but no one else will have access to it.

If you feel you would benefit from support in completing the courses or further help in learning these skills, you can register with the Student Wellbeing Service for individual support. The online registration form provides an opportunity to say more about the type of support that you would like.

To contact us or register for support see our [accessing support article](#).

CBT Self-help workbooks

These very popular downloadable CBT (cognitive behavioural therapy) workbooks teach skills for common issues like assertiveness, low self esteem, general anxiety/worry, social anxiety, perfectionism, procrastination, depression and many more. They provide clear, easy to read information along with short exercises and activities to learn and apply skills. Many students have found these materials helpful.

NHS self-help guides

A range of information and self-help booklets (also available as MP3 downloads) covering topics such as anger, bereavement, alcohol, depression, eating disorders, panic, social anxiety and stress.

Further resources

Further online resources and books about specific topics can be found via the list of topics in the article: [Additional resources/ information to support your wellbeing and mental health](#).