



Life at University

This chapter of life comes with lots of exciting experiences and new challenges.

With the pressures of academia, living with others and managing money and daily duties on your own, uni life can be intense at times. It's normal to feel exhausted by the highs and lows, and it's always okay to make space to look after your mental health throughout your time at uni.

We've put together some information for people at university, including tips on:

- Meeting new people
- Living independently
- Clubs and societies
- Being authentic
- And more!



FOLLOW US



GET IN TOUCH

hello@charliewaller.org
01635 869754

FIND OUT MORE

charliewaller.org/mental-health-resources/mental-wellbeing/for-university-students

The Charlie Waller Trust

First Floor • 23 Kingfisher Court • Newbury • Berkshire RG14 5SJ

The Charlie Waller Trust is a registered charity in England and Wales 1109984. A company limited by guarantee. Registered company in England and Wales 5447902. Registered address: as above.