

## Self-Help

**Sometimes we just need practical ways to cope, especially when things feel heavy. These self-help tools are all about giving you quick, simple strategies to feel more grounded and supported.**

### Information Guides

#### [Some Tips on Staying Happy](#)

A light and practical list of things you can do to boost your mood—even in small ways—when life feels difficult.

#### [A-Z Coping Skills](#)

An A to Z list of activities and techniques to distract, soothe or energize you depending on what you need.

### Website

#### [Moodjuice Self-Help Resource Site](#)

Loads of downloadable workbooks and easy-to-follow guides on mental health — all designed specifically for students like you.

### Apps

#### [TalkCampus/TalkLife](#)

Peer-support apps where you can safely talk to other students who get what you're going through—no pressure, no judgment.

#### [Self-Help App for the Mind \(SAM\)](#)

Offers tools to manage anxiety, stress and negative thinking through interactive features and relaxation exercises.