



# Student Wellbeing Support Line

The Student Wellbeing Support Line is there to support you with personal, study or exam related matters.

The **Student Wellbeing Support Line** is open to all registered University of Essex students at no charge to you. Counsellors are available between 8am and 10pm every day, including weekends and bank holidays. You are welcome to use this service outside of these hours for urgent emotional support. Simply provide your Personal Record Identifier (PRID) when you access the Support Line.

**0800 970 5020**

Outside UK: +44 141 271 7168