

The Campaign That Says It's.....

A
Collaboration
Between



EHSU 
Nursing Society



EHSU STUDENT MINDS SOCIETY

Brings You



#Time2ThinkofU

A bespoke Wellbeing Campaign for Student Nurses
and other Student Allied Health Professionals.

Committed to offering you Support and Information gathered from reliable resources. Not only this, but a Communicative Network of other Students also. Who better is there to offer you support than someone who is in, or has been in your position?

We all have a story to tell about times when we feel low or a little overwhelmed as our training is extremely demanding. But together, we can encourage each other to speak out about our Mental Health. We shouldn't feel unable or ashamed to, we should feel empowered to!

That is what this campaign offers. An open, non-judgemental and supportive network, getting you thinking about your Wellbeing and Mental Health, and how, with help, you can improve it.

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