

IMPORTANT CONTACTS

Happy
Thoughts
Academy

SEX ACTIVITIES AND RISK

<https://www.nhs.uk/live-well/sexual-health/sex-activities-and-risk/>

WHAT SHOULD I DO IF I THINK I'VE GOT AN STI?

<https://www.nhs.uk/service-search/sexual-health/find-a-sexual-health-clinic>

HOW TO MANAGE YOUR SERIOUS RELATIONSHIP AT UNIVERSITY

<https://studenthut.com/articles/how-manage-your-serious-relationship-university>

SHOWING SOME SELF-KINDNESS

<https://studenthut.com/articles/wellnesswednesday-showing-self-kindness>

YOUTH MENTAL HEALTH DAY - LEARN HOW TO #BOUNCENOTBREAK

<https://studenthut.com/articles/youth-mental-health-day-learn-bouncenotbreak>

HOW TO SURVIVE A LONG-DISTANCE RELATIONSHIP AT UNI

<https://studenthut.com/articles/survive-long-distance-relationship-uni>

5 MORE PSYCHOLOGICAL FACTS YOU PROBABLY DIDN'T KNOW

<https://studenthut.com/articles/5-more-psychological-facts-probably-didnt-know>