



Low mood



Passcode: 8u\*8j+NI



Anxiety



Passcode: CWuA+2#2



Exam stress



Passcode: N7dqw!=C



Moving to university.



Passcode:  
q1#4PE6&



Peer pressure

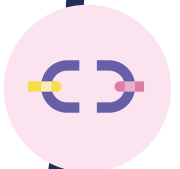


Passcode: .9H^J\$#k

Mental  
Health  
Support  
Videos



Panic



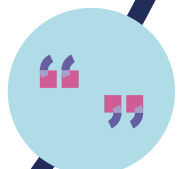
Anger



Sleep



Overthinking



Negative thoughts

