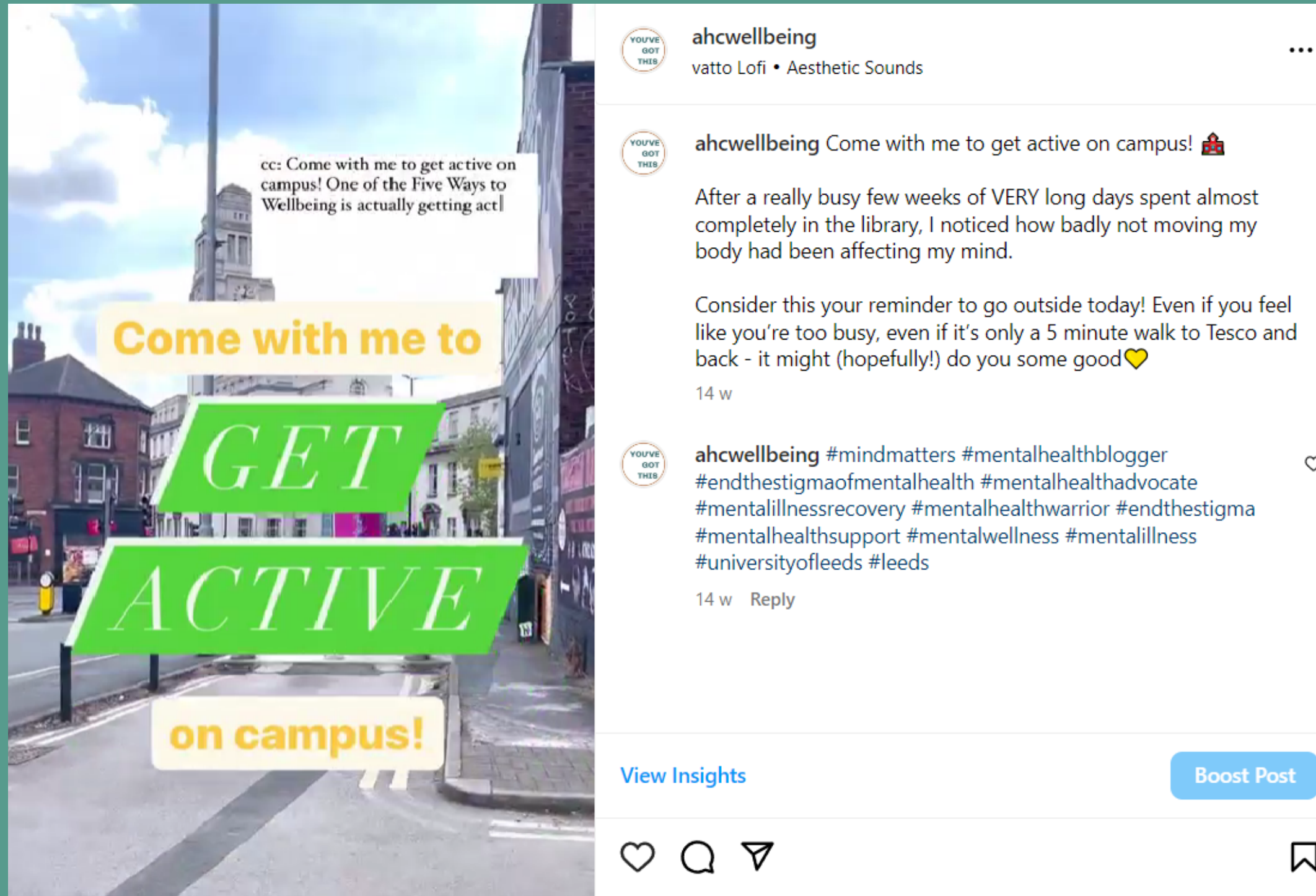


Social Media Content for University of Leeds' Mental Health Services



UNIVERSITY OF LEEDS





Reel promoting active approaches to wellbeing on campus. Optimized reach through use of trending audio, popular hashtags and posting at high-traffic time of day. Watch [here](#).

For grid and story posts, I used Canva to maintain clear, recognizable branding. I maximized engagement through:

- *Hashtags*
- *Peak-time posting*
- *Linking posts to relevant national days and current events*
- *Engaging with similar accounts*
- *Using audio/ video elements*
- *Using Instagram's carousel feature*



WELLBEING CAFE

Wednesday 22nd February
12-2pm
Michael Sadler LG.10

This week's theme : UGRE clothes swap!
Drop in to join the activity and have a wellbeing chat with our student reps (with a cuppa). This week we are teaming up with the Undergraduate Research Experience to bring you a environment-conscious clothes swap! Bring items and get tokens to trade for other items -a new wardrobe without waste!

Find out more about this year's Undergraduate Research Experience:
<https://tinyurl.com/ugre2023programme>




You've Got This

The AHC Wellbeing project podcast.

NEW EPISODE

International Students and Wellbeing - Part 2,
British Uni Culture & Social Life



Mental Health Support in Leeds!

Outside of the University edition

NEW EPISODE!

Episode 4 - Stress and Time Management




Duration 39:45 / 49:10

Join Hannah, Owen and Caitlin in discussing exam stress, managing your time at uni, stresses concerning social life and mental health, and the growing cost of living crisis.
Link in bio!

WELLBEING CAFE

Wednesday 8th March
12-2pm
Grass Studio, School of Design

This week's theme : Seed planting!
Drop in to join the activity and have a wellbeing chat with our student reps (with a cuppa). This week we will be planting seeds to nurture and grow. We'll also make labels for our plant pots. All materials provided. Feel free to bring your lunch!



You've Got This