

Staff and Student Wellbeing Resources & Support Event, Friday 22 January 2021
Resources from online chat

- **Well Now** is a monthly wellbeing newsletter for staff from the University Wellbeing & Engagement Group, that provides information campaigns and promotes development activities for staff at the University. You can find it by clicking the link: [Well Now January 2021](#). If you would like to subscribe and receive the newsletter directly to your email inbox, follow this link to be added to our subscriber list: [Subscribe to Well Now](#)
- **Flexible Working Forum**, Thursday 11 February 2021, 13.00 to 14.00: [Flexible Working Forum - PDMS - University of St Andrews \(st-andrews.ac.uk\)](#)
- **Student Advice and Support Centre**: [ASC | Current Students | University of St Andrews \(st-andrews.ac.uk\)](#)
- **Disability and Health-Related Issues**: <https://www.st-andrews.ac.uk/hr/edi/disability/>
- For any queries regarding **staff wellbeing**, please email wellbeingforstaff@st-andrews.ac.uk
- If you need any confidential support, for physical or mental wellbeing, please don't hesitate to contact **Occupational Health**: occhealth@st-andrews.ac.uk