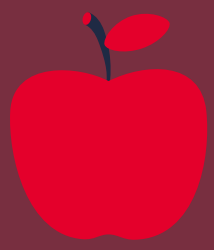


SURVIVING THE SEMESTER BEST TIPS



STAYING HEALTHY

The Well-being section of the [Student Survival Guide](#) also has useful information for:

- [Learning environment](#)
- [Maintaining an active lifestyle](#)
- [Emotional well-being](#)
- [Navigating social media](#)
- [Safety](#)

The “Help Services” page of the [St. Lawrence website](#) and the [Psychosocial Support community](#) on [Omnivox](#) have information on:

- [Stress management and general safety](#)
- [Addiction services](#)
- [The Gatekeepers](#): SLC's suicide prevention network
- Requesting a meeting with a social worker
- Available resources for students in the community
- FAQs on mental health
- Nursing services
- Info on wellbeing during online learning

Check out the Student Health and Wellness Club's Instagram ([@healthandwellnessslc](#)) for various links and resources on wellbeing and meditation.

For support or questions about well-being at St. Lawrence, you can contact Shirley Jobson (Mio keyword: psychosocial services).