



Everyone feels overwhelmed at times and our Open Door calm spaces provide somewhere to go if you need a bit of space and tranquillity.

These sessions offer guidance on self-help techniques which can help you to 'ground yourself' and feel better both in the moment and in the future.

To find out more information and discover where your local Open Door calm space is held

- Visit our website: [cpslmind.org.uk/uni-good-life](https://cpslmind.org.uk/uni-good-life)
- or call: 0300 303 4363

## Can you help us?

### Volunteers

Would you like to learn new skills and help fellow students improve their wellbeing?

Have you experienced mental health challenges? Would you like to use your experiences to help students?

Do you have the skills and experience to help support the student community in facilitating wellbeing activities?

Telephone: 0300 303 4363

Email: [unigoodlife@cpslmind.org.uk](mailto:unigoodlife@cpslmind.org.uk)

Website: [cpslmind.org.uk/uni-good-life](https://cpslmind.org.uk/uni-good-life)

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Working across Cambridgeshire  
Peterborough and South Lincolnshire

Registered charity number 265087



Recovery and Inclusion Service



## University Good Life Project



This project has been funded by Cantab Integrated  
Neighbourhood and Cam Medical Primary Care Network



Recovery and Inclusion Service

# What is the University Good Life Project?

CPSL Mind in partnership with Anglia Ruskin University and the University of Cambridge have developed mental health and wellbeing support for students in the form of Good Mood Cafes, Open Door calm spaces and information sessions.

The sessions are aimed at supporting students, studying in Cambridge, to build social connections with other students, identify skills and passions to help improve individual wellbeing, learn self-help techniques and get access to further support if needed.

We understand that our mental health fluctuates at different times in our life and that being a student can bring about unique challenges that can affect mental health.

## Information sessions



We can help you to find the right support for your mental health.

These sessions offer support and guidance to identify local services that can best help your mental health and wellbeing.

We are able to support you in making a referral to an appropriate service best suited for your needs.

To find out where to access an information session:

- Visit our website: [cpslmind.org.uk/uni-good-life](https://cpslmind.org.uk/uni-good-life)
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Our weekly Good Mood Cafes offer informal wellbeing support, while connecting you to other students within your university. They offer a positive and safe space to share interests, skills or experiences. Feeling connected is key to positive wellbeing and resilience.

It's OK not to be OK, so you don't have to be in a good mood to come along to our Good Mood Cafes- but we hope everyone will leave feeling better than when they arrived.

To find out where your local Good Mood Cafe is held:

- Visit our website: [cpslmind.org.uk/uni-good-life](https://cpslmind.org.uk/uni-good-life)
- or call: 0300 303 4363

