



PAM Wellness

Student Assistance Programme

Call the **helpline** for **free and confidential** life management and personal support service that is available to you **24 hours a day, 365 days a year**.

Need to talk?

We provide emotional and practical support on personal matters to enhance your health and wellbeing.

You can contact us in different ways, and all options are **free** and **confidential**.

You can call us on:

If you prefer typing over talking, you can access our **live chat** service via the **app** and **portal** at **app.pamwellness.co.uk**

Access the **app** and **live chat** using your **organisation code**:



24 7

What support is available?

- 24/7 Helpline
- Counselling
- Support for academic pressures, money and relationship matters
- Online and app based wellbeing tools, including mood tracker
- Wellness dashboard
- Live Chat





PAM Wellness

Support is available for:

The topics we can help you to deal with include;

- Stress
- Anxiety
- Exam and study pressures
- Relationships
- Loneliness
- Student finance and loans
- Bereavement
- Financial wellbeing
- Self harm
- Drug and alcohol misuse
- Family conflict
- Student housing and tenancy issues
- Abuse
- Mental health issues
- Legal information
- Caring for relatives
- Addiction
- Emotional support
- Health issues
- Miscarriage
- Sexual health
- Trauma
- Funeral arrangements

This list is not exhaustive and our **professional team** can support with other issues as required.



Need to talk?

We're here to support you 24/7.

Call or login to app.pamwellness.co.uk

Organisation code:

