Appendix E-Break from study template

This can be completed by a student independently or with a mental health adviser if they would prefer. When completing this it would be important to think about what it is you would like to do while away from study and how you will stay motivated during your recovery. This plan is personal to you and you will not need to share this if you do not want to.

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| When will I return to study?  |  |
| Things I would like to do/continue to do while away from study. (This could be around your wellbeing for example) |  |
| Things I will need to achieve those things. (i.e find my local GP and register with them). |  |
| What support can I access whilst away from study? (Including the contact details may be useful). |  |
| Helpful resources to support my wellbeing and help me prepare for returning to study.  |  |