

Over the past few years in particular, mental health and wellbeing amongst students is a topic that is struggling to overcome stigma, while battling its oppression against many young people across the world. Taking care of physical and mental health often go hand in hand and it can be difficult to find ways to make steps to take care of ourselves, or even to overcome any anxieties or uncertainties about the things we know we could do - but aren't doing.

*Why Nott?* Magazine takes a relaxed but sensitive approach to these kinds of difficulties faced by university students, carefully written by a few of us who are currently studying at Nottingham Trent University, and aims to be accessible to other students, no matter the state of your mental health. There are articles spread across themes such as fitness, food and entertainment suggestions\*, which are there to help and encourage you to try something new for the sake of your wellbeing. Why not give them a go?

If you feel you are in need of further medical advice or counselling, there are many charities and services available through your GP and the NHS that are happy to help and can be found locally, which can often be applied for online. Counselling for student mental health problems from the NHS website available via:

<https://www.nhs.uk/conditions/stress-anxiety-depression/student-mental-health/>

**\*DISCLAIMER:**

The articles within this magazine were (mostly) written before the current pandemic and lockdown situation we have now found ourselves in. Please consider this when reading these articles; especially the ones within the entertainment section. Please do continue to follow current government rules, and stay inside your homes and stay safe. We hope these articles can inspire you to make some new plans (especially in Nottingham) for once this is all over, and we can continue life as normal again. Stay safe, and remember to wash your hands!

