

# Student Support Service.

**Your free, confidential service providing support for concerns big or small.**  
**Unlimited access to a 24/7 helpline, and hours of wellbeing content on the student portal.**

**Call and see how we can help.**

**UK Freephone: 0800 031 8227**

**IRE Freephone: 1800 851 340**

**WhatsApp: Text 'Hi' to 074 1836 0780**

**Access your Wellbeing Portal:**  
**[app.spectrum.life/login](https://app.spectrum.life/login)**

**Click 'New Here? Sign Up' and enter your college/university's organisation code.**

If you have signed up previously, your username is your email address.

**We provide guidance and support on topics such as:**

- Depression
- Anxiety
- Grief
- Addiction
- Relationships
- LGBTQ+

