

Course for Participants



PLUS - online self-help for
common mental disorders in
university students

12 month(s) to complete

Prize draw

Intervention, online
questionnaires

Online

King's College London

PLUS is an EU-funded project looking at whether an online programme can improve student wellbeing. The study requires participants to complete a questionnaire about their personality and mental health before working through a number of online modules aimed to increase wellbeing. These modules include a lot of interesting and useful information. Participants will then be asked to complete 4 brief follow-up questionnaires over a 12 month period. Chance to win an I-Pad!

Find out more online

Poster printed on 08/05/2024 Study expires on 31/05/2018

More info
by scanning the QR code
or visiting the URL

www.cfp.cc/255UG3

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