

Have **ideas** about how higher education institutions can help reduce stress during students' studies?

Engage in co-design and help us understand inclusive and accessible **ways high stress can be reduced!**

How?

Contribute ideas to a digital whiteboard and/or participate during a focus group or interview for a **chance to win 1 of 20 \$20 Gift Cards**

Who?

Higher education **accessibility/disability** or **wellbeing support staff** including disability/accessibility advisers, equity/disability practitioners and support staff, learning support specialists involved in accessibility, counsellors, and welfare support staff.

[Find out more](#)

