Right now more than ever it is important to reach out to your peers and support network. If you are unsure where to start, take a look below.

**Social**
- UQ Virtual Village
- Association of Postgraduate Students
- Your School/Institute social group

**Wellbeing**
- Online student advisor or counselling appointments
- Medical assistance
- Hardship hampers
- Financial assistance
- Employee assistance program

**Local**
- School/Institute Zoom sessions with your Postgraduate Coordinator
- Your supervisory team
- Other researchers

**Graduate School**
- Online appointments with HDR Liaison Officers and HDR Administration Officers

**Student-led initiatives**
- Shut up and write online sessions
- Netflix parties
- Virtual lunches
- Zoom exercise classes
- General hangouts and chats in Discord