University education has suffered seriously over the last two years as the World has been locked down, masked up, socially distanced and kept in groups of no more than a handful. Student living, learning and socialising were harshly impacted and so was imp mental health.
Increased anxieties, depression and even suicidal thinking were widely reported, as students found themselves all day doing online tutorials/lectures at small desks in tiny flats with no company.
You do not have to suffer silently, your mental health issues is our concern too! If your mental or emotional state gets worse, or you're worried about someone you know - help is available from students services also various agencies in the community. Talk to someone you trust. I believe that sharing a problem is often the first step to recovery.
Though a designated Hindu chaplain, I am a member of the chaplaincy team, work collectively and available to listen to any one of any faith.

Sibani Roy. Hindu Chaplain.