

GP - As well as offering support, your doctor will be aware of the services that are available to you and will be able to point you in the right direction.

The Student Support Service, which may come under a different name such as 'Wellbeing service' or 'Counselling service' at your university, will offer a range of support and or advice - such as Study Skills, Mental Health Advisors and Specialist mentors.

University Counselling Service is a chance to explore and understand the issues you raise in a safe, confidential and non-judgemental environment. Advice Services are free, confidential services where students can get information and advice on personal and academic issues such as finance and accommodation.

Academic tutors and personal tutors. It's a good idea to keep your tutors in the loop so that they are aware of your circumstances and are able to support you in managing your academic work.

National support

Improving Access to Psychological Therapies (IAPT) services provide evidence based treatments for people experiencing anxiety and depression.

Student Minds offer student-led group support for students experiencing low mood, mild depression, and eating difficulties. Find out more and view their range of resources at www.studentminds.org.uk

Mind is a national charity which provides advice and support to empower anyone experiencing a mental health problem. You can contact them either through their national helpline or through one of their local Minds. www.mind.org.uk

UMHAN - The University Mental Health Advisers Network is a network of mental health specialists who are dedicated to, and have a practical role in, providing support to students experiencing mental health difficulties. www.umhan.com

Phonelines

Papyrus is the national charity dedicated to the prevention of young suicide in the UK, which operates a national helpline known as HOPELineUK. Contact HOPELineUK by phone: 0800 068 41 41, SMS: 07786 209 697, or email: pat@papyrus-uk.org

Samaritans 24-hour helpline providing emotional support for anyone in distress: (Freephone) 116 123 or email: jo@samaritans.org

Nightline is a student run listening service - the phone number will depend on the university.

Online services

Elefriends - a safe place to listen, share and be heard, run by Mind.

Big White Wall - a safe and anonymous peer support community.

Stonewall - Stonewall campaigns for the equality of lesbian, gay, bisexual and trans people across Britain.