

**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](http://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](http://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](http://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](mailto:pat@papyrus-uk.org)

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