

Organisations that provide Mental Health support to University Students

Your university may have a support service who can support you to manage any mental health problem that affects your studies. You may also have a Student Union with a Welfare Officer or Student Advice service who can offer free and independent advice or support. They can also refer you to external support if needed. If you do not feel comfortable speaking to your University, the below organisations can provide help and support if you have something on your mind.

If you are in a Mental Health crisis, call 999.

1. Student Minds Peer Support Programmes:

<https://www.studentminds.org.uk/ourpeersupportprogrammes.html>

2. Samaritans:

Tel: 116 123

Email: jo@samaritans.org

The Samaritans also provide postvention support for University students affected by suicide.

You can contact the Step by Step team on:

Tel: 0808 168 2528

Email: stepbystep@samaritans.org

<https://www.samaritans.org/universities/student-support>

3. The University Mental Health Advisers Network: *a good source of information about the support you could be entitled to*

www.umhan.com

4. Students Against Depression:

<https://www.studentsagainstdepression.org/>

5. Nightline: *run by students, for students*

<https://www.nightline.ac.uk/want-to-talk/>

6. BEAT Eating Disorders:

Tel: 0808 801 0711 (youthline)

help@b-eat.co.uk

www.b-eat.co.uk

7. The Mix:

Tel: 0808 808 4994

Crisis Text Line: Text THEMIX to 85258 and someone will text you back

Livechat available on their website: www.themix.org.uk

8. Anxiety UK:

Tel: 03444 775 774

Text: 07537 416905

Email: support@anxietyuk.org.uk

www.anxietyuk.org.uk

9. SANE:

Tel: 0300 304 7000

www.sane.org.uk

10. Young Minds:

Crisis Text Line: Text YM to 85258 and someone will text you back

www.youngminds.org.uk

11. Mind:

Tel: 0300 123 3393

Text: 86463

Livechat available on their website, www.mind.org.uk

12. Hub of Hope: *provides information of support local to you, based on your postcode*

www.hubofhope.co.uk

13. OCD UK:

Tel: 03332 127890

Email: support@ocduk.org

www.ocduk.org

14. Self Injury Support:

Tel: 0808 800 8088 – Tue, Wed, Thurs 7pm-9:30pm

Text: 07537 432444

Livechat available on their website, www.selfinjurysupport.org.uk

View more mental health support guides and resources on our website:

www.elysiumhealthcare.co.uk