

Struggling to cope at uni?

If you're struggling with your mental health at uni, **you are not alone.**

You may be struggling with:

- fitting in and making friends
- your workload
- homesickness or feelings of loneliness

These are all really common feelings. But whatever challenges you're facing, **help is available.**



Where can you find support on campus?

Your GP

If you're struggling to cope, a good first step is to talk to your GP - make sure you're registered with one at your uni.

Tutors and student welfare officers

Speak to a professor or tutor you trust about what pastoral support your uni offers. Most universities have a student wellbeing officer and/or tutors assigned to support you.

University counselling

Speak to your student wellbeing officer or ask a tutor you trust to find out whether your university has a counselling service. This can give you the chance to talk through your feelings and experiences in a non-judgemental space.

Student Minds

Student Minds run support groups, which are led by other students. Find out more: studentminds.org.uk

In an emergency

If you're about to harm yourself or have already done so, phone 999 or go to A&E and explain that you're at risk.

YoungMinds Crisis Messenger

Text YM to 85258 for free any time day or night to speak to a trained volunteer via text message.



For more information scan the QR code, or visit:

youngminds.org.uk/uni

YOUNGMINDS
fighting for young people's mental health