



Mental Health Advisory Service

Studying at university can be stressful and can affect your mental wellbeing. The Mental Health Advisors provide a specialist service which enables students to manage their difficulties and to co-ordinate the range of support available within the University and the community; they can suggest strategies to help students to overcome the problems which affect their ability to learn effectively.

The service is free and confidential and is provided by qualified professionals who adhere to an ethical framework and is available to all current students.

What we can do

- We can listen
- Offer advice, support and information
- Help in a crisis situation
- Help you apply for the Disabled Student Allowance (DSA)
- Co-ordinate with services in the community i.e. NHS, Social Services and voluntary organisations
- Communicate with the Accommodation Officer and Faculties to have additional needs taken into consideration
- Liaise with academic staff to improve their understanding of how difficulties can affect individuals and how they can support you.

What if my difficulties are long term?

For enduring difficulties such as depression, anxiety, schizophrenia or bi-polar disorder on-going support or equipment may be required to enable students to manage their studies.

You may be entitled to the Disabled Students' Allowance (DSA). Any application for DSA will require either medical evidence from your GP or any of the medical professionals working with. The support awarded is individualised and is decided based on the evidence supplied and a follow up Needs Assessment.



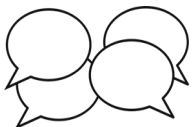
How can I help myself?

If you are struggling with your mental health at university you can try some of these coping strategies to help you improve your symptoms...



- ◆ You could try meditating for 10 minutes per day. This can help to reduce your stress levels.

- ◆ Exercising regularly can improve your mood.



- ◆ Keep in contact with your friends and speak to your tutors who may be able to offer additional support.

- ◆ Eat nutritious meals—not just takeaways!



- ◆ Too much alcohol can exaggerate your symptoms. Try to keep it in moderation.

- ◆ Set realistic goals for your work periods.



- ◆ Chunk your study periods and take regular breaks.

- ◆ Try to get a goodnight sleep.



You can also try our Counselling Service