

# Support That May be Available if You're Struggling

Whether you're struggling with your mental health or if you are just overwhelmed with any area in your life, there is always support available!

## For university students:

If you are a university student, there should always be a free counselling service on campus that you can go to. Talk to your university's mental health support team about this, or if you don't know how to contact them, look on your university's website for more information on what contacts are available.

There is also a website called 'Student Space' (<https://studentspace.org.uk/find-support>) where you can type in what university you go to and it will show you what specific support is available at your university.

## For school pupils:

If you're struggling in school, the best person to go to is your form teacher or head of year. If you don't feel comfortable speaking with one of these people, you can also contact your school's counsellor privately. You should be able to find the details on who your school counsellor is on your schools' website, but if you can't, it might be worth mentioning how you're feeling to a trusted teacher or staff member, who can get you an appointment with them. You could also try emailing your school's receptionist/administration office to ask if they can book you an appointment with your school counsellor.

If your school doesn't offer any support, it might be worth seeking out independent help, using the resources listed below.



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## General support available:

- 'Mind' has compiled a list of charities and organisations that offer support, with regard to different mental health conditions. This is helpful if you're struggling with a particular mental health issue, such as anxiety or OCD. (<https://www.mind.org.uk/information-support/a-z-mental-health/>).
- NHS: Your local GP can refer you to a free counsellor (however this may be a long process). You can also call 999 if you're in immediate danger, or call the 111 helpline if you're struggling but it's not an emergency. You can find the 111 NHS helpline online too, if you don't want to speak to someone (<https://111.nhs.uk/>).

For further support, please email [support@teenagehelpline.org.uk](mailto:support@teenagehelpline.org.uk)

