



The University of Manchester

Support for you at The University of Manchester

Student Support and Advice

Overview of the session

**How we can
support you
during your
studies**

**What support
is available
online**

**What support
is available on
campus**

What support is available?



Wellbeing



Money management



Academic life



Settling in



Helping a friend

What support is available online?

manchester.ac.uk/ssa

The screenshot shows the top of the SSA website. It features the University of Manchester logo and 'Student Support' text. A search bar is in the top right. Below the header, there's a 'Select Language' dropdown. The main heading is 'Student support and advice', followed by a paragraph about the services and contact information. To the right, a yellow box says 'Help in a crisis' with a 'Read more >' link. Below this, a 'Spotlight on...' section highlights 'Exam extra' and 'Learn about tax' with brief descriptions and 'Read more >' links. On the far right, there's a 'Three Steps To Support' graphic with an illustration of a student at a desk.

Wellbeing & self help
resources



Finance factsheets plus
tips & discounts to
make the most of your
money



We're here for you

**Taking care of
yourself**

[Read more >](#)

**Accessing
academic support**

[Read more >](#)

**Dealing with
issues**

[Read more >](#)

**Managing your
finances**

[Read more >](#)

**Getting help with
immigration and
visas**

[Read more >](#)

**University
services A-Z**

[Read more >](#)

Includes My Learning Essentials resources and workshops

Written by students, for students

All University services, including specialist services
such as Counselling and the Disability Advisory
and Support Service

What support is available on campus?




Academic
Advisors/
Supervisory
team

- You will have an Academic Advisor (UG/PGT) or Supervisory team (PGR) for the duration of your studies.
- You can talk to them about academic or wellbeing issues.



School
support
staff

- Your School also has a support office or other dedicated support staff to help you with any academic or personal issues you may be facing.
- [Bit.ly/uomschoolsupport](https://bit.ly/uomschoolsupport)



Student
Support and
Advice

- A central support service covering a range of issues.
- If you don't know where to go, or would rather speak to someone outside your School, they're a good place to start.

Specialist support services



Disability
Advisory and
Support
Service (DASS)

- If you have a Specific Learning Disability such as dyslexia, a mental health difficulty or a physical condition that might affect your studies.
- Offers adjustments relating to study, exams.



Counselling
Service

- 1:1 confidential counselling to support students
- Group workshops, from managing procrastination to challenging unhelpful thinking habits.
- Online self-help resources.

You can refer yourself to these services directly, or your School or Student Support and Advice can help you with a referral.

Thank you for listening and enjoy your time in Manchester!

- manchester.ac.uk/ssa
- The Atrium, 1st floor University Place
- studentsupport@manchester.ac.uk
- 0161 275 3033