

Mental health and wellbeing

Resources

Student Support website - taking care of your wellbeing:

bit.ly/UoMTakingCare

Self help resources:

bit.ly/UoMselfhelp

Qwell:

bit.ly/uomqwell

Mental health and wellbeing workshops:

bit.ly/counsellingandmentalhealthworkshops

NHS guides:

bit.ly/UoMNHSguides

National helplines:

www.helplines.org/helplines

Useful contacts

The Counselling and Mental Health Service:

www.counsellingservice.manchester.ac.uk | 0161 275 2864

Disability Advice and Support Service:

www.dass.manchester.ac.uk | 0161 275 7512 | dass@manchester.ac.uk

Students' Union Advice Service:

www.manchesterstudentsunion.com/advice | 0161 275 2952 |

advice.su@manchester.ac.uk

24/7 Health Assured mental health helpline:

0800 028 3766

Nightline:

The phone number is on the back of your student card