

**Study: Insert Study Title**

**Participant Debrief Sheet**

Thank you for participating in **insert type of activity participated in.** We hope that you have found it interesting and have not been upset by any of the topics discussed.

If you have any queries about the study or wish to speak with a member of the research team, please contact: **Provide name, UoM/study specific telephone number (not personal) and UoM email address of the researcher(s).**

If you have found any part of this experience to be distressing, please consider speaking with someone that you trust such as a family member or friend. You may also consider speaking with one of the organisations below for additional support:

If members of the research team have the necessary training and experience to support distressed participants (e.g. trained clinical psychologists), you may also wish to include an invitation above to reach out to the team directly above.

Examples can include NHS Direct or similar but we recommend including at least one organisation with a 24 hours access number. Please note, if you wish to use Samaritans it is recommended that you speak with them in advance to alert them to the fact that participants may get in contact.

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| --- | --- |
| **Organisations** |  |
| Insert organisation here | Insert organisation here |
| Insert organisation here | Insert organisation here |

Please see below for a list of general access points for support within and outside the University. Please note that **we cannot recommend any of the services** and researchers need to use their professional judgement when constructing their debrief sheet to choose the most appropriate services for their participants.

Please make sure that the list of services are tailored to the area of focus of the research (e.g. if your participants will be experiencing homelessness, it would be appropriate to offer contact details of charitable organisations that assist with homelessness). The list below provides some examples and you should add those you feel are most relevant to the table above.

**Within the University**

* Occupational Health (who also deal with student health): <http://www.occhealth.manchester.ac.uk/>
* Online programmes (for low level anxiety and depression): https://www.staffnet.manchester.ac.uk/wellbeing/mental-health/
* Groups, Courses and Workshops (for a variety of psychological difficulties including anxiety and depression for both staff and students): https://www.counsellingservice.manchester.ac.uk/
* Disability Support Service (for psychological, psychiatric and physical disabilities)
	+ Staff: <http://www.staffnet.manchester.ac.uk/personalsupport/disabled-staff/>
	+ Students: <http://www.studentnet.manchester.ac.uk/crucial-guide/academic-life/support/disabled-students/>

**Outside the University**

* Student Union Wellbeing Service:

<https://manchesterstudentsunion.com/health-and-welfare-advice>

* Student Union Student Minds (support group for those with Eating Disorders): <http://www.studentminds.org.uk/student-groups.html#Manchester>
* 42nd Street (a reputable charity offering a social work and counselling service for under 25s): <http://42ndstreet.org.uk/>
* 24 hours access <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
* Free counselling on the NHS <https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>
* Self Help Services (works actively with people in the Greater Manchester area on a number of difficulties including anger, anxiety and depression): <https://www.selfhelpservices.org.uk/>
* Where appropriate encourage participants to contact their GP