

***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. However, if you have found any part of this experience to be distressing and you wish to speak to one of the researchers, please contact: *Provide name, address, telephone number and email address of the researcher(s).*

There are also a number of organisations listed below that you can contact.

*Examples can include NHS Direct or Samaritans but we recommend including at least one organisation with a 24 hours access number.*

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

*Please see below for a list of 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.*

**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): <http://www.staffnet.manchester.ac.uk/personalsupport/counselling/self-help/>
* Groups, Courses and Workshops (for a variety of psychological difficulties including anxiety and depression for both staff and students): <http://www.staffnet.manchester.ac.uk/personalsupport/counselling/courses/>
* 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: <http://manchesterstudentsunion.com/top-navigation/advice-service/wellbeing-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/>
* Low Cost Independent Therapy Centres:
  + Chorlton: <http://lowcostpsychotherapy.co.uk/>
  + Didsbury: <http://www.didsburycounsellingandtherapycentre.co.uk/uploads/1/3/9/4/13946758/low_cost_clinic_flyer_v1.pdf>
* 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/>