



Mental health and wellbeing

Care experienced students/care leavers

Services offered by the University:

Counselling Service: The Counselling Service is based on campus (Crawford House) and offers online self-help resources, workshops and same-day meetings with a qualified University counsellor.

St Peter's House Church and Chaplaincy: If students want to speak to a counsellor promptly and were unable to get a same-day appointment with the Counselling Service they can ask to talk to a counsellor at St Peter's House. Although St Peter's House formally is a Church and Chaplaincy, its counselling service is secular.

ResLife (for students living in University halls): ResLife Officers and Advisors provide support and guidance to students living in University accommodation. ResLife Advisors usually live on site and are available 24/7. They can be a useful first point of contact to turn to for advice and help.

Manchester Nightline: This is a confidential listening service offered to students by students. It is available 8pm-8am during term time. The number can be found on the back of student ID cards.

Other resources to be aware of:

Student Minds: Student Minds is a student mental health charity which offers workshops and student support groups.

Zion Centre: The Zion Centre is a community centre based in Hulme (Manchester) offering a range of self-help groups and mental health support.

Self-Help Services: Self-Help Services is a mental health charity that 'helps people to help themselves' through one-to-one support and wellbeing workshops. They provide a range of support for people with common mental health issues such as anxiety, depression and panic attacks.

42nd Street: 42nd Street offers one-to-one counselling and therapy to young people aged between 11 and 25.

Crisis Point: Crisis Point is a mental health crisis centre that aims to support people through crisis – often preventing need to admit to hospital. People are able to stay at the centre for up to 10 days and can attend up to 6 one-to-one counselling sessions over a two week period.

Samaritans: This is a charity aimed at providing emotional support to anyone in emotional distress.