



Support and resources

Asylum seeker students

Mental health:

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.

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

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

Wellbeing:

When it comes to wellbeing, a small action can make a big difference. The University of Manchester's [Six Ways to Wellbeing](#) will help make positive changes to keep feeling good and living well.

Volunteering and Community Engagement:

This service provides volunteering opportunities to suit all interests and schedules. It's a great way to develop new friendships and skills.

Sporticipate: Sporticipate offers many different sports and activities that are free and on campus. All classes are inclusive and beginners are always welcome. Sporticipate offers a nice opportunity to keep healthy and socialise.

Wellbeing Champions: Wellbeing Champions actively promote the Six Ways to Wellbeing across campus. Becoming a Wellbeing Champion is an exciting opportunity to meet people, learn how to take care of yourself and boost your CV by making a difference.

Academia:

PASS/Peer Mentoring: Every undergraduate course at The University of Manchester has a course-specific Peer Support scheme. These schemes run regular study sessions facilitated by higher year students and are a safe space to ask questions, discuss academic content and socialize with course-mates.

My Learning Essentials (MLE)

Workshops: The University of Manchester Library offers a range of online resources and workshops aimed at improving academic skills.

Mitigating Circumstances: Students can apply for mitigating circumstances for exams or assignments if their performance has been affected by their personal circumstances. This has to be done within a specific time frame after the due date. People at the support office within each school can provide help with the application process.

Improving English:

ESOL English Courses: After being in the UK for 6 months, asylum seekers are eligible for a free ESOL English course. However, 'Talk English' courses are available to asylum seekers at any stage.

In-sessional English Courses: The University Language Centre offers a range of support services to students whose first language is not English.

Academic Presentations in a Second Language: The University's Library offers a workshop regarding giving presentations in English if it is not someone's first language.

Support networks:

Manchester Refugee Support Network (MRSN): This is an organisation which is directly managed by refugee communities in Manchester and provides practical support to refugees/asylum seekers. They provide both physical and mental health support.

Manchester City of Sanctuary: This is an organisation which offers monthly conversation clubs and meals as well as signposting services, Manchester City of Sanctuary is particularly good at signposting people to free English courses.

Refugee Action: Refugee Action offers help and advice regarding the asylum process as well as accessing support. Furthermore, it provides practical support to asylum seekers struggling with poverty or homelessness.

Prince's Trust: This is an organisation that helps young people get experience and gain confidence by offering long-term volunteering opportunities within the community.

Freedom from Torture: In case a student discloses the information that they have been tortured they should be referred to Freedom from Torture. This organisation provides specialist psychological therapy to survivors of torture.

Other resources:

Students' Union: The Students' Union is independent of the University and is run by students, for students. It provides a physical space and variety of resources, activities and societies so that students can make the most of university life. The Students' Union can also provide advice on finances, housing, academia and wellbeing.

International Society: The Students' Union's International Society offers trips around the UK, language classes and a wide range of cultural events and opportunities to meet and mingle with other students.