

DROP-IN to the Student Mental Health and Wellbeing Service

- The Student Mental Health and Wellbeing Service (SMHWS) consists of the following service teams:
 - University Mental Health Team (MHT),
 - Leeds Student Medical Practice (LSMP) Mental Health Workers
 - Student Counselling Centre (SCC)
- The aim of the SMHWS is to create a unified entry point to all three of the teams and therefore prevent students feeling as though they are passed between teams and having to repeatedly explain their situation, while they find the most appropriate support.
- Staff at the drop-in sessions (available as below) will provide information about sources of support within and outside the University and where appropriate make a referral to one of the SMHWS providers.

	Mental Health Team	Leeds Student Medical Practice's Mental Health Workers	Student Counselling Centre
	Location DSAS, Chemistry West Block Please ring 0113 34 33927 on the day to book a 15 minute appointment, or arrive at the start of the session.		19 Clarendon Place Drop-in only. Please arrive at the start of the session
Monday	11:00-12:00		3:00 – 4:00
Tuesday	11:00-12:00	2:00 – 3:00	3:00 – 4:00
Wednesday	11:00-12:00	2:00 – 3:00	3:00 – 4:00
Thursday	11:00-12:00		3:00 – 4:00
Friday	11:00-12:00	2:00 – 3:00	3:00 – 4:00

- The Mental Health Team offer 1:1 support to those students with a medically diagnosed moderate to severe and enduring mental health conditions, and usually engaging with secondary psychiatric care services. They create support plans and identify management techniques to help students continue with their studies, using psychological therapy based techniques. They also provide crisis response and support across the University.
- The LSMP Mental Health Workers use a solution-focused approach to help students identify their specific mental health goals and support students to meet these. Students with mild to moderate mental health conditions can access short-term CBT-based interventions.
- The Student Counselling Centre has a team of experienced therapists who offer brief face to face counselling contracts to students experiencing psychological, emotional and personal difficulties. Students may self-refer by accessing the online referral form via <http://students.leeds.ac.uk/counselling>
- If you have any questions regarding the SMHWS please contact the Student Counselling Centre on scc@leeds.ac.uk or the Mental Health Team on smha@leeds.ac.uk.