Information for students waiting for an Initial Consultation

**Websites/self-help**

Our website has a wide range of useful information and links. For example, you might like to try one of our MP3 downloads for help with relaxation or have a look at our comprehensive range of self-help guides.

<http://students.leeds.ac.uk/counselling>

You might also like to try Mood Gym, an online interactive self-help programme:

[www.moodgym.anu.edu.au/welcome](http://www.moodgym.anu.edu.au/welcome)

Other useful websites for help with mental health issues are:

www.studentsagainstdepression.org

www.leedsmhdirectory.co.uk/

[www.helpguide.org](http://www.helpguide.org)

The support and wellbeing website is also a very useful place to start in indentifying where you can find help for any problem you may have here at the University.

[students.leeds.ac.uk/info/10720/how\_we\_can\_support\_you](http://students.leeds.ac.uk/info/10720/how_we_can_support_you)

 **Headstart**

This is a set of cards with useful help and information on a range of common problems. Check through them on our website or pick them up from the Centre – you may find a card that deals with your problem and that you can make a start on dealing with it yourself.

**Mental Health Advisor**

If you are struggling to meet the demands of university life because of an enduring or severe mental health issue, then you might like to try contacting the Student Mental Health Advisor on smha@leeds.ac.uk, based in Disabled Students Assessment and Support.

**Talk to your School/Faculty**

Is your problem about work or affecting your work? Have you spoken to your School or Faculty yet? Your personal tutor or Education Service Officer may be able to help and should know if things are going on for you which are getting in the way of your work.

**Have you seen your GP?**

It might be worth getting yourself checked out, especially if you are feeling really depressed or physically run down. The LSMP (Leeds Student Medical Practice) also has a really useful website: www.leedsstudentmedicalpractice.co.uk

**Practical help**

Would some practical help, advice or information be useful? For example, the LUU Student Advice Centre provides useful information and help with many practical problems ranging from Academic appeals to effective budgeting.

[www.luu.org.uk/helpandadvice/browse/](http://www.luu.org.uk/helpandadvice/browse/) or visit them on the 1st floor of the LUU.

**Do you have or think you might have a disability?**

Maybe you could get help and support from Disabled Students Assessment and Support. They provide advice and support for students with disabilities including dyslexia, Aspergers’ Syndrome and enduring mental health problems.

[ses.leeds.ac.uk/info/21810/disabled\_students](http://ses.leeds.ac.uk/info/21810/disabled_students)

**In the case of an emergency or crisis, please contact:**

* Your GP
* Leeds Student Medical Practice: 0113 295 4488
* The Samaritans: 116 123 (free to call) or 0113 245 6789

Or go to the Accident & Emergency department of your local hospital.

**Crisis intervention online:**

<http://www.samaritans.org.uk>

<http://www.befrienders.org>