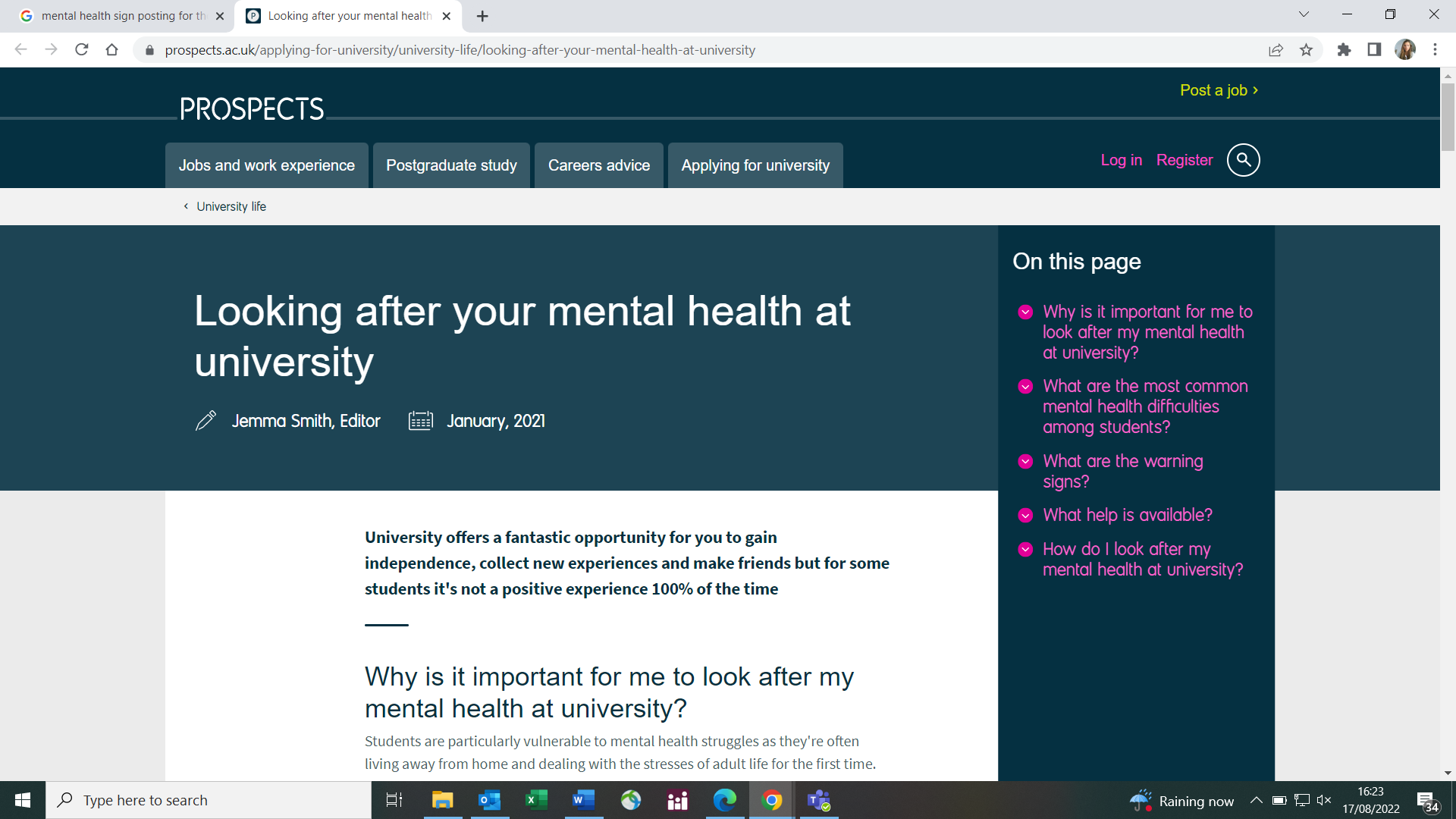
**Prospects** <https://www.prospects.ac.uk/applying-for-university/university-life/looking-after-your-mental-health-at-university>



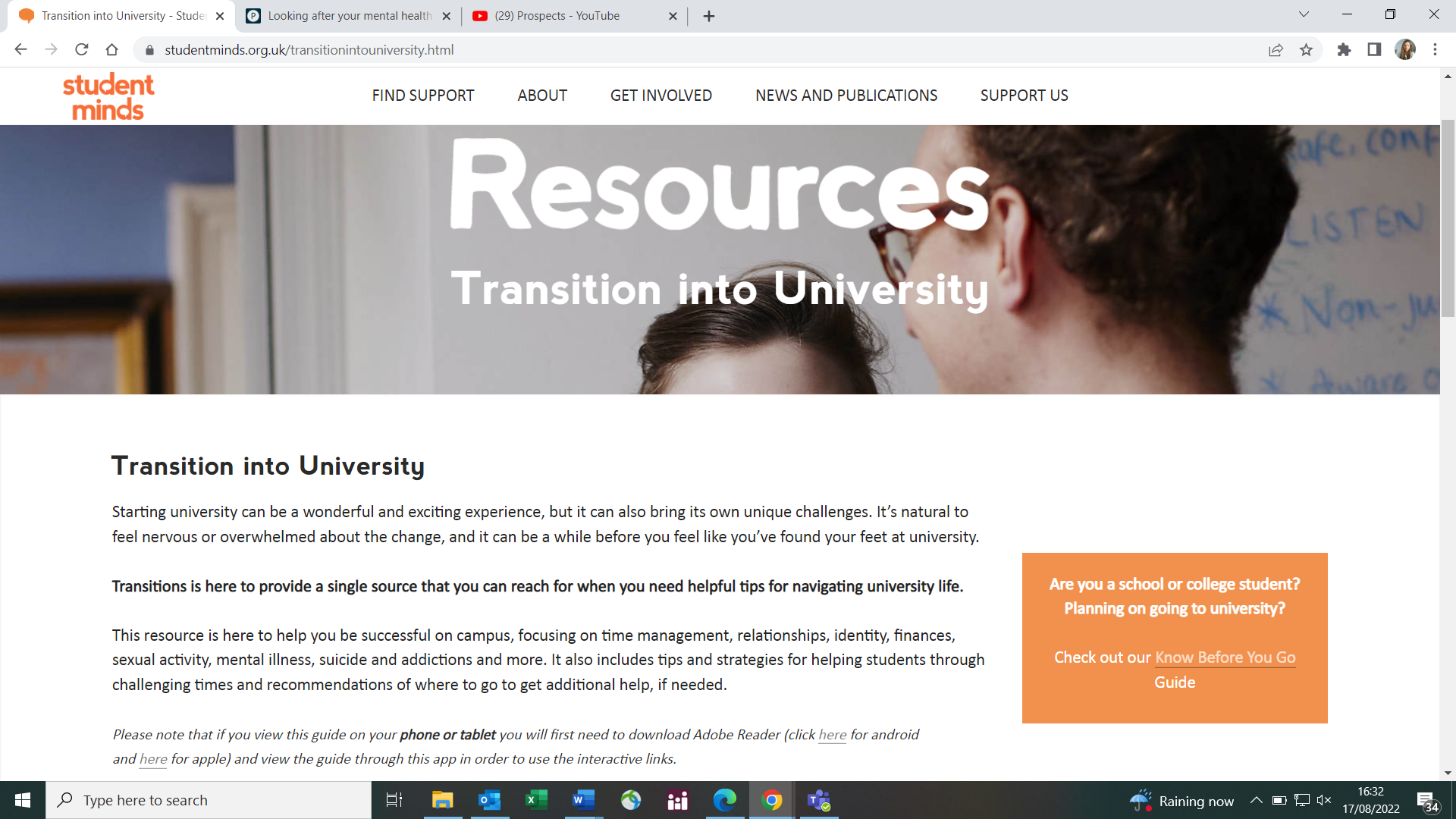
Outside of university try:

* **Your GP** - if you're worried about your mental health it's essential that you visit your GP. They can give you a medical diagnosis and can refer you to appropriate services.
* **The Samaritans**- if you feel you need immediate help, call 116 123, any time of day.
* **Family and friends** - talking about your struggles can be a huge relief. Don't feel like a burden, your family and friends want to help.
* **Charities** - organisations such as the [Mental Health Foundation](https://www.mentalhealth.org.uk/), [Mind](https://www.mind.org.uk/), [Papyrus](https://papyrus-uk.org/), [Sane](http://www.sane.org.uk/home) and [Student Minds](https://www.studentminds.org.uk/) provide excellent advice and support.

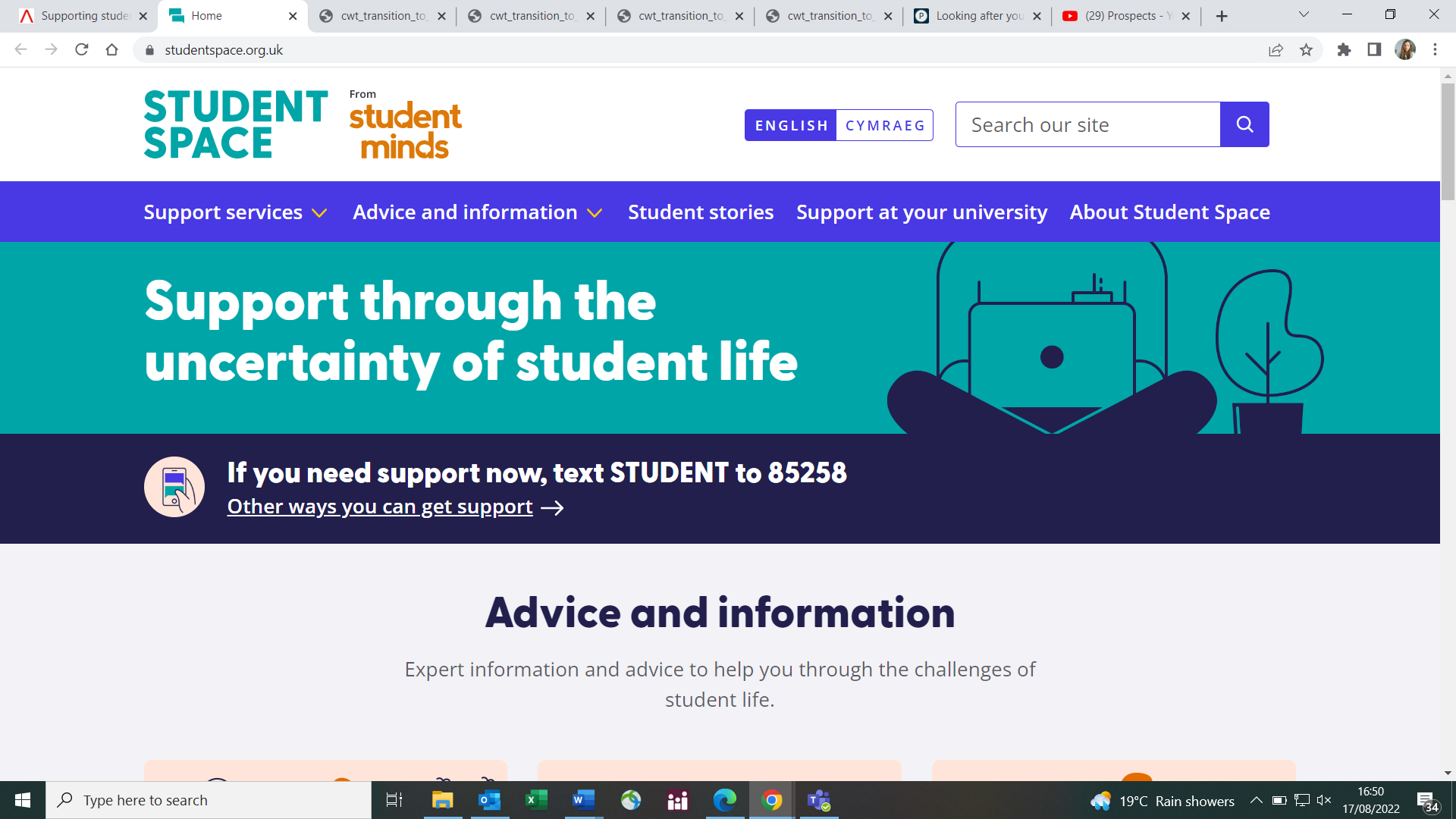
<https://www.youtube.com/watch?v=7bfpvLev5N4>

**Student Minds** <https://www.studentminds.org.uk/transitionintouniversity.html>

Student mental health charity – free resources, tips and student stories. Support resource specifically for transition to university. Online peer support groups and Student Space which offers text support and further information and resources.



<https://studentspace.org.uk/>

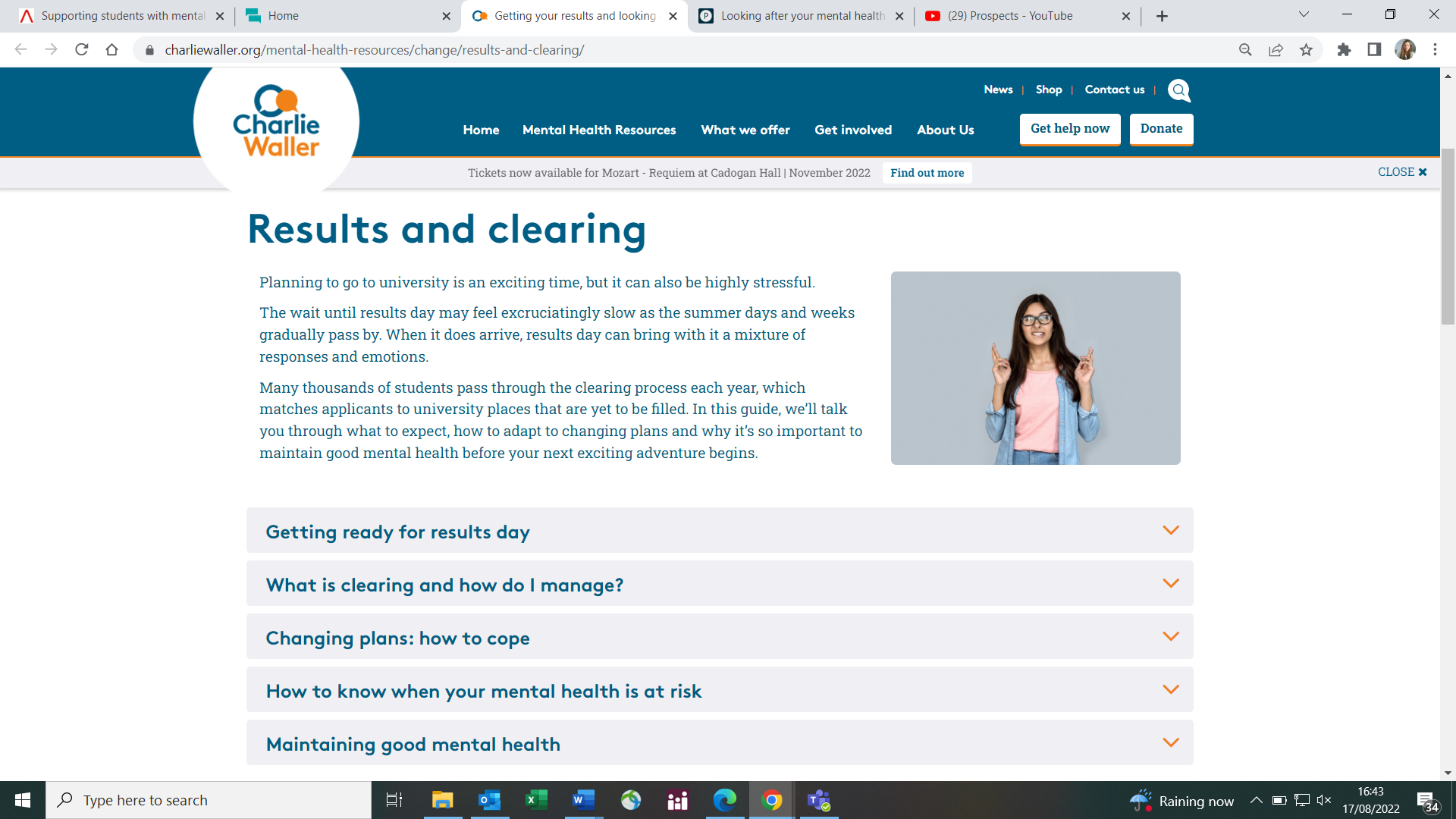


**Charlie Waller** <https://charliewaller.org/mental-health-resources/change/results-and-clearing/>

Information and resources on Charlie Waller about the transition to university.

They also have specific resources to support the transition for:

* LGBTQ+ students
* Care leavers
* Young carers
* Those who’ve had challenging experiences in childhood
* Those who may be concerned about fitting in, possibly due to their religion, cultural background, ethnicity, or nationality among other things.



**Mind** <https://www.mind.org.uk/information-support/tips-for-everyday-living/student-life/>

Resource to inform and support all students at all places of study.



Specific information and support for some student groups:

