

What to do if you're a student and it's all getting too much

NHS

Being a student can already be quite a stressful time as you navigate your way through higher education – and COVID-19 isn't making it any easier.

You aren't alone, the NHS is here for you. You can talk to your GP or you can self-refer to our talking therapies for anxiety and depression via NHS psychological therapies services (IAPT). **These services are free**, and therapies can be delivered remotely on-line and on the telephone.

You can access IAPT anywhere in England based on the GP you are registered with, including your home GP (if you haven't yet moved to a GP near your university address).

If you think you or someone you know is experiencing a mental health crisis, emergency or breakdown, you should get immediate expert advice and assessment which is available 24/7. To find your local NHS urgent mental health helpline (England only) visit:

nhs.uk/urgentmentalhealth



MENTAL HEALTH SUPPORT FOR EVERYONE

Don't be afraid to ask for help, there is a lot of support available for you:

- **Every Mind Matters** has a range of support material for students on self-care and how to look after your own mental health. You can take the mind plan and get tips dedicated to you on how to cope.
- You can ring the **Samaritans** at any time of the day or night. They will help you and listen to how you're feeling. Call free 116 123 or email them: jo@samaritans.org
- **Student Minds** is here for students through coronavirus with a dedicated website, **Student Space**.
You can find helpful resources and tips and can access dedicated support services by phone or text. You can also get help finding what support is available at your place of study.
Find out more here
www.studentspace.org.uk
- **SHOUT** provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope. Text 85258.



nhs.uk/service-search/find-a-psychological-therapies-service