

# Mental Health Advice Drop In

Where: Students' Union, Level 4, Pontio  
When: Wednesdays 2.00 – 4.00 pm  
Start date: 26 September – 12 December 2018

Mental Health Advisers:  
Cheryl Parkinson / Fiona Rickard / Fiona Hill

## Semester 1: This could be for you if ....

**You have a mental health concern or worry?**

**You want to have a chat with a Mental Health Adviser to discuss concerns?**

**You want to find out about support available?**

**You are concerned about increasing levels of anxiety?**

**You are losing sleep due to worrying?**

**You are experiencing exam or study related stress?**

**You have concerns about a friend or housemate?**

**Or you just want a bit of time and space?**

**If you answer yes to any of the above then please come along**

