

# Mental Health Advice Drop In

Where? Students' Union, Level 4, Pontio.

When? Wednesdays 2pm–3.30pm

Start date: 25 September – 18 December 2019

Mental Health Advisers: Cheryl Parkinson / Fiona Rickard

**As the Drop in is so well attended we offer a brief chat (no longer than 15 minutes) after which we will offer you a further appointment or signpost you to other appropriate resources or services. There will be Connect Volunteers to offer support whilst you wait to see a Mental Health Adviser.**

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

You want to have an initial chat with a Mental Health Adviser

You want to find out about support available

You are concerned about increasing levels of anxiety / exam or study stress

You are losing sleep due to worrying

You have concerns about a friend or housemate

