

# Mental Health Advice Drop In

Where: Students' Union, Level 4, Pontio

When: Wednesdays 2.00 – 4.00 pm

Start date: 9 January – 3 April &  
1 May – 29 May 2019

Mental Health Advisers:

Cheryl Parkinson / Fiona Rickard / Fiona Hill

Semester 2: 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