

Mind Map

The shows today may contain frank and honest discussion of mental health issues. Please remember that we at Cam FM are not mental health experts - if you are affected by any of the issues being discussed today, there are many resources available online, such as:

- . The [University Counselling Service](#) offers a range of support to all students, including face to face counselling, mental health advisors, groups and workshops, and a wide variety of self-help guides, books and websites. They are based at 2-3 Bene't Place, on Lensfield Road.
- . The [Disability Resource Centre](#) offers a range of support to students with mental health difficulties, including specialist 1-1 mentoring, support with funding applications, and discussions around academic-related disability support (such as adjustments to teaching and learning and exam access arrangements). If you would like to speak to a disability adviser or book an appointment email disability@admin.cam.ac.uk or call on +44 (0)1223 332301. More information can be found [here](#).
- . You can speak to your **College Nurse or Tutor** if you are worried about your mental health.
- . [Your GP can help you with any medical problem, including mental health concerns](#)
- . The **NHS** have developed a range of [self-help workbooks](#) to help with mental health concerns such as depression and low mood, eating disorders, anger management, anxiety, social anxiety, panic, hearing voices and disturbing beliefs, obsessions and compulsions, PTSD, self-harm, stress and sleeping problems.
- . The **Charlie Waller Memorial Trust** website has some [useful information](#) about depression and mental health support, as well as booklets, videos and guides for those experiencing mental health issues and for those supporting someone experiencing this.
- . **Nightline** is a confidential night time listening support service run by students for students available during the night in term time. [Find out more](#)
- . [Samaritans](#) offers round the clock 24/7 confidential listening support to anyone who needs it.
- . [The Mix](#) offers a free helpline for under 25s between 11am and 11pm on 0808 808 4994.
- . **Hopeline** is run by Papyrus and offers [confidential support and advice to people under 35 who may have thoughts of suicide](#) (open 10am to 10pm weekdays and 2pm to 10pm weekends, and 2 to 5 on Bank holidays).
- . The [Student Advice Service](#) offers free, confidential and non-judgmental support to students
- . [Stress Analyst](#) is an interactive page which can be helpful if you've just had a stressful experience.