



Thank you for visiting our website. We've experienced very high demand for our services this term and we are now fully booked until the University closes for Christmas.

In the case of an emergency or crisis, please contact:

- Your GP
- Leeds Student Medical Practice: 0113 295 4488
- Nightline: 0113 380 1381
- The Samaritans: 0845 790 9090

Or go to the Accident & Emergency department of your local hospital.

Crisis intervention online:

<http://www.samaritans.org.uk>

<http://www.befrienders.org>

If you feel you are in urgent need of counselling help, please contact the Student Counselling Centre on 0113 343 4107 or email us using the address above.

Otherwise please return to our website on January 4th when our online self-referral form will be available for you to complete.

While you are waiting for your TC...

Information for students waiting for a Therapeutic Consultation

Whilst we make every effort to provide you with an appointment as soon as possible, there are some circumstances where you may have to wait 2 or 3 weeks. This is usually at times where there is a very high demand for the service. Or it may be that you can only come at certain times and may have to wait a bit longer until an appointment that suits you becomes available.

These notes are designed to give you information about some of the services available to students and help you get the process started while you wait to see your counsellor.

Websites/self-help

Our website has a wide range of useful information and links. For example, you might like to try one of our MP3 downloads for help with relaxation or have a look at our comprehensive range of self-help guides.

www.leeds.ac.uk/studentcounselling

You might also like to try Mood Gym, an online interactive self-help programme:

www.moodgym.anu.edu.au/welcome

Other useful websites for help with mental health issues are:

www.studentdepression.org

www.mentalhealthleeds.info

www.bbc.co.uk/health/emotional_health/mental_health/

The **help@leeds website** is also a very useful place to start in identifying where you can find help for any problem you may be experiencing at Leeds.

<http://help.leeds.ac.uk/>

Headstart

This is a set of cards with useful help and information on a range of common problems. Check through them on our website or pick them up from the Centre – you may find a card that deals with your problem and that you can make a start on dealing with it yourself.

Student Mental Health Advisor

If you are struggling to meet the demands of university life because of an emerging or long-term mental health issue, then you might like to try contacting the Student Mental Health Advisor on smha@leeds.ac.uk, based in Disability Services.

Talk to your School/Faculty

Is your problem about work or affecting your work? Have you spoken to your School or Faculty yet? Your personal tutor or Student Support Officer may be able to help and should know if things are going on for you which are getting in the way of your work.

Have you seen your GP?

It might be worth getting yourself checked out, especially if you are feeling really depressed or physically run down. The LSMP (Leeds Student Medical Practice) also has a really useful website: www.leedsstudentmedicalpractice.co.uk

Practical help

Would some practical help, advice or information be useful? For example, the LUU Student Advice Centre provides useful information and help with many practical problems ranging from Academic appeals to effective budgeting

www.luuonline.com/help or visit them on the 1st floor of the LUU.

Information for students on the waiting list

Do you have or think you might have a disability?

Maybe you could get help and support from Disability Services. They provide advice and support for students with disabilities including dyslexia, Aspergers' Syndrome and enduring mental health problems.

www.leeds.ac.uk/disability_services