



I was just looking for someone to talk to who actually **understood** what I was going through. That's exactly what I found.

Anonymous

Student Minds peer support groups are welcoming, supportive and confidential.

We are here to help you  
to look after your own mental  
health as well as your friends'.

We are the UK's student  
**mental health** charity.

Find out more  
about our peer  
support groups:

**student  
minds**

[www.studentminds.org.uk](http://www.studentminds.org.uk)

StudentMindsOrg   