



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.

support
for
from **students**

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

StudentMindsOrg   