



Am I the only  
one worried  
about going to  
university?

You're not  
alone

student  
minds

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.

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of information and  
tips on university  
life visit:

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

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