

Am I the only one worried about going to university?

You're not alone

student minds

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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.

For a single source 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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