



University is often
a bumpy journey,
I wish I knew what
support was available
to me earlier.

Anonymous

Support is
available

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.

Whether you're
looking for support
or want to get
involved visit:

**student
minds**

www.studentminds.org.uk

StudentMindsOrg   