

Student Support

# A Guide to Mental Health Support



## Mental Health at University

Being at University may bring changes to your life. It is natural that some of these changes will be enjoyable, and others may be **challenging**. Pressures on your mental wellbeing may change from day to day or week to week and could include:

- Balancing study pressures with other commitments such as home life or part-time work.
- Developing independence, confidence and self-management skills.
- Feelings of homesickness or challenges forming new relationships.
- Financial worries.
- Managing stress, low mood, anxiety or sleep difficulties.
- Managing an on-going mental health condition/diagnosis or a disability alongside study.

Wellbeing and Disability Services offer a range of support to address emotional and mental health difficulties. We treat the information you share with sensitivity and respect. Information is held confidentially within the service and is only shared outside the service with your permission or where there is a strong concern about your or another person's health, wellbeing and safety.

# Wellbeing Support

## Wellbeing Appointments

To discuss any emotional or welfare issues you are experiencing. Advisers will offer information, advice, guidance and signposting to help identify current difficulties and improve engagement with your studies and University life.

## Mental Health Appointments

To explore how your mental health is impacting you at University. A range of strategies, interventions or techniques may be used to support you to find ways of managing your mental health.

## Counselling Services

Short-term counselling (up to 5 sessions) to help gain greater insight into current difficulties and why you think and feel the way you do.

## Workshops and groups

Covering a variety of topics such as learning to like yourself, and mindfulness.

## Togetherall

An online support platform that can be accessed 24/7 at home or on campus. It offers advice, peer support and online support programmes. You log in using your University email. The service may refer you to external support where more specialist support is needed – this is with your agreement and may involve contacting a GP or specialist services.



Arrange an appointment with Wellbeing Support  
Email: [studentwellbeing@hud.ac.uk](mailto:studentwellbeing@hud.ac.uk)  
Online: Scan the QR code or visit [hud.ac.uk/wellbeing](http://hud.ac.uk/wellbeing)

# Disability Services

If you experience on-going or long-term mental health issues, you can access support through Disability Services. We can identify support and adjustments you require to help you remain engaged with your studies and make good progress with your course.

## Named Adviser

We will link you with a named adviser so you do not have to repeat the difficulties you may be experiencing with different people.

## Appointments

To establish the impact of the mental health issues on your course – whether this is constant or fluctuating - and to identify and coordinate the support you need.

## Personal Learning Support Plan (PLSP)

Your adviser will produce a Personal Learning Support Plan to outline the support and adjustments you require in different areas of your study such as in taught sessions, in assessments and exams, when using the library etc. This document is circulated to University staff who come into contact with you to let them know your requirements.

## Disabled Students' Allowance of other funding

Support to apply for a government fund called the Disabled Students' Allowance to fund assistive software or specialist support staff. You may be recommended regular sessions with a Specialist Mentor to identify barriers to learning resulting from a mental health issue and support the development of study strategies to manage the impact. If you are not eligible for DSA, equivalent support can be provided.



Arrange an appointment with Disability Services  
Email: [disability@hud.ac.uk](mailto:disability@hud.ac.uk)  
Online: Scan the QR code or visit [hud.ac/disability](http://hud.ac/disability)