

MENTAL HEALTH MATTERS.



IMPORTANT NUMBERS!

0800 107 0160 -Mental health matters.

0300 222 0123- For urgent mental health support

0300 123 3393- MIND charity, puts you in touch with a mental health consultant.

If you are in immediate danger call

999

If you ever feel that you aren't coping well, or just need some extra support, there are lots of ways to get help and advise.

If you feel you are in danger call **999** immediately for support, if you feel you need to get something off your chest or need mental health advise, take a look at the Important numbers.

See a GP.

Book an appointment with a doctor. Tell the surgery you are a university student and they will help you with the necessary paperwork and book you an appointment.

Your university has mental health support in place:

- <https://www.kent.ac.uk/guides/mental-health>
- <https://www.canterbury.ac.uk/current-students/support-services/disability-and-mental-health-support/mental-health>
- <https://www.ucas.com/how-look-after-your-mental-health-while-uni>
- <https://www.uca.ac.uk/student-services/health-wellbeing/mental-health-resources/>

Your university will always be happy to help and they are there to support you.