

Below is a list of self-help resources that you can immediately access and use to help yourself. There are links to websites that provide support for mental health difficulties, online counselling services and a list of apps that you can download on your phone.

If you would like to access the College Mental Health and Counselling Services, please visit: <https://leicestercollege.ac.uk/college-life/student-support/counselling-mental-health-service/>

In an emergency please call 999, visit a local NHS walk-in centre or go to A&E at the Leicester Royal Infirmary.	
<b>Mental Health Support</b>	Mind: <a href="https://www.mind.org.uk">https://www.mind.org.uk</a>
	Get Self-help: <a href="https://www.getselfhelp.co.uk">https://www.getselfhelp.co.uk</a>
	Anxiety UK: <a href="https://www.anxietyuk.org.uk">https://www.anxietyuk.org.uk</a>
	Students against Depression: <a href="https://www.studentsagainstdepression.org">https://www.studentsagainstdepression.org</a>
	Beat: <a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a>
	Stonewall: <a href="https://www.stonewall.org.uk">https://www.stonewall.org.uk</a>
	Leicester LGBTQ Centre: <a href="https://leicesterlgbtcentre.org/">https://leicesterlgbtcentre.org/</a>
	National Self-Harm Network: <a href="http://www.nshn.co.uk">www.nshn.co.uk</a>
	Self-Injury Support: <a href="https://www.selfinjurysupport.org.uk/">https://www.selfinjurysupport.org.uk/</a>
	NHS self-help: <a href="https://web.ntw.nhs.uk/selfhelp/">https://web.ntw.nhs.uk/selfhelp/</a>
<b>Counselling Services</b>	Children and Young People: <a href="https://www.kooth.com/index.php">https://www.kooth.com/index.php</a>
	Adults: <a href="https://www.qwellcounselling.com/">https://www.qwellcounselling.com/</a>
	All age: <a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a>
<b>In crisis now?</b>	Samaritans: <a href="http://www.samaritans.org">www.samaritans.org</a> Call: 116 123
	Turning Point: <a href="https://www.turning-point.co.uk">https://www.turning-point.co.uk</a> Call: 0808 800 3302
	SupportLine: <a href="https://www.supportline.org.uk/">https://www.supportline.org.uk/</a> Call: 01708 765200
<b>Phone Apps</b>	For a list and description: <a href="https://bristolmind.org.uk/support_type/apps-for-mental-wellbeing/">https://bristolmind.org.uk/support_type/apps-for-mental-wellbeing/</a>
	Orcha/Mental Health category: <a href="https://www.orchacare.co.uk/about-us/app-categories/">https://www.orchacare.co.uk/about-us/app-categories/</a>