

What to do if you're a student and it's all getting too much

Being a student can already be quite a stressful time as you navigate your way through higher education – and COVID-19 isn't making it any easier. We know current Government guidance might also mean that you now aren't living close to your registered GP or usual mental health services.

You aren't alone, the NHS is here for you. You can talk to the GP you are registered with, or you can register temporarily with a GP closer to your current location if needed. Search 'temporary registry' on the NHS website.

You can also self-refer to our talking therapies for anxiety and depression via NHS psychological therapies services (IAPT) via the online IAPT service finder (England only): [nhs.uk/talk](https://www.nhs.uk/talk). **These services are free**, and therapies can be delivered remotely on-line and on the telephone.

If you think you need a face to face appointment with IAPT or other mental health services this can also be arranged, even if you are living away from the address where you are registered with your GP. Self-refer to your local IAPT service or a GP should be able to support you accessing other mental health services closer to where you are currently living.



MENTAL HEALTH SUPPORT FOR EVERYONE

Don't be afraid to ask for help, there is a lot of support available for you:

- You can access urgent NHS mental health helplines 24/7. Please visit [nhs.uk/urgentmentalhealth](https://www.nhs.uk/urgentmentalhealth) for more information and how to find your local all-ages helpline.
- **Every Mind Matters** has a range of support material for students on self-care and how to look after your own mental health. You can take the mind plan and get tips dedicated to you on how to cope.
- You can ring the **Samaritans** at any time of the day or night. They will help you and listen to how you're feeling. Call free 116 123 or email them: jo@samartians.org
- **Student Minds** is here for students through coronavirus with a dedicated website, Student Space.

You can find helpful resources and tips and can access dedicated support services by phone or text. You can also get help finding what support is available at your place of study.

Find out more here www.studentspace.org.uk

- **SHOUT** provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope. Text 85258.

