

## Support available for students

### Students' Union

#### [Advice Centre](#)

Based above the Stags on Highfield campus, professional advisers offer confidential, independent advice on many practical issues (housing, academic, finance etc). They do phone as well as face to face appointments and if they can't help you, they will know who can!

[advice@susu.org](mailto:advice@susu.org)

02380 592085

#### [Peer Support](#)

Peer Support is a confidential listening service delivered by students for students. It provides an informal opportunity to talk through any issues that may be concerning you. Mostly face to face, the Peer Supporters can also chat via email and Skype.

[peersupport@susu.org](mailto:peersupport@susu.org)

#### [Nightline](#)

A confidential listening and information service run entirely by student volunteers, open every night during term time, 8 pm – 8 am.

02380 595236

#### [Student Minds](#)

Run by student volunteers, Student Minds is the UK's student mental health charity; they run campaigns as well as facilitating group support for students affected by eating disorders.

#### [Sabbatical Officers](#)

Elected to run the Union, the Sabbatical Officers are there to help you with any issues you have. You can contact them by email, telephone or Facebook – or by visiting them in Building 42 on Highfield campus.

#### [Halls Committees](#)

Halls Committees are elected to organise social events, represent your views and support you.

#### [Student Groups](#)

There are well over 300 societies for students to join. As well as obvious sources of support (like LGBT and religious societies), they can provide an enjoyable way for students to meet other people and try new things.

### University

Building 37 is where you will find [Enabling Services](#), which includes Counselling, First Support (the crisis team), Dyslexia and Disability support. This service can help with Mentors, Additional Exam Requirements, emotional problems etc

They run a drop in every weekday during term-time – just go to Building 37 between 1-3 and take a seat on the sofas at the back of the building; someone will come and see you. You can also book appointments online, by phone or in person at their reception desk in Building 37.

**No Limits** run a weekly support group for students with drugs or alcohol concerns. You can also find out about this at the Enabling Services reception desk.