

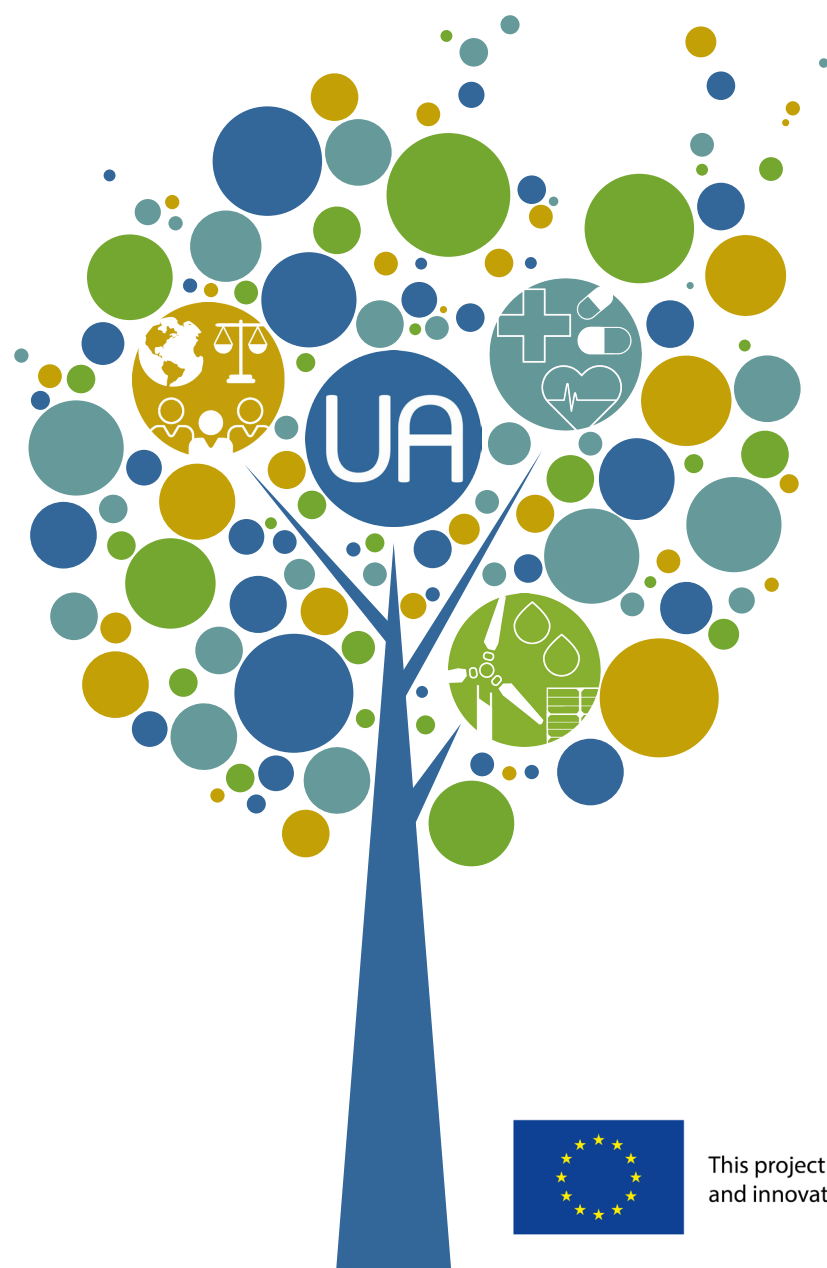


University Alliance

Doctoral Training Alliance

Taking care of mental health and wellbeing

*Resources and tips for DTA
researchers*



Use this document to:

1. develop your knowledge of the **most common difficulties** affecting the mental health of PhD researchers as well as tips to deal with them
2. find out about the professional services **available at your institution** to support your mental health and wellbeing



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How DTA seeks to support your mental health and wellbeing

Completing a PhD may be one of the toughest challenges researchers will ever face. It has been recognised that this may well take its toll on mental health and wellbeing, with [studies showing that PhD researchers are more likely than the general population to suffer from anxiety and depression](#). A number of factors have been found to be behind this, including the isolation of carrying out independent research, the heavy workloads, uncertainty about future career prospects and an aggressive research culture.

The DTA training programme aims to mitigate some of these factors through the following strategies:



- offering **training electives** to develop universal skills that help you take care of your wellbeing during your PhD, manage your workload and keep up the motivation and resilience when things get tough



- creating a **supportive community** of PhD researchers and supervisors that facilitates the informal connections that can grow into spaces for vital peer-to-peer support



- supporting the development of **transferable skills** as well as **highlighting to researchers clear routes to progression** following their PhDs within and beyond academia

This document aims to complement these strategies. You can use it to:

1. find out about the **resources available at your institution** to support your mental health and wellbeing
2. **learn about the most common difficulties** affecting the mental health of PhD researchers as well as tips to deal with them



Developing your awareness of these issues will help prepare you to look after your own wellbeing throughout the course of your PhD.



It will also better equip you to support any friends or peers who may be struggling themselves. Check out [this page](#) from Student Minds for more information about how to support someone suffering with their mental health, as well as how to look after yourself when you do so.

And remember that if you are ever struggling with the unique pressure points of being a PhD researcher, **reach out to the DTA team and we will seek to direct you to the support you need**. We're here to help and to listen!



Where else to find support



Supervisory team

Is there anyone on your supervisory team who you would be comfortable discussing mental health and wellbeing with?

The [100 Voices project](#), through which 100 researchers shared their mental health journeys, sheds light on how frequently researchers at all stages of their career face problems with mental health and wellbeing. A supervisor could have been through the same struggles that you are now facing. By being open with them about any difficulties, they may be able to help you critically assess thoughts about imposter syndrome, provide advice about dealing with the multiple demands on your time, or just lend a sympathetic ear.

Your supervisors want you to become the best researchers you can be - even though it can be hard to open up the conversation about wellbeing with them, they should understand that supporting this side of your development is essential to you fulfilling your potential.

It is important to maintain a healthy dynamic with your supervisor in order to get the most out of their support. [This resource](#) provides advice on how to do this by taking an active role in shaping the relationship. These videos from Student Minds ([1](#), [2](#), [3](#)) also provide insight into the perspectives and expectations of PGR supervisors.

Suggestions to how to open up discussion about mental wellbeing with a supervisor:

- Can you arrange to meet them at a time separate from your supervisory meetings? When talking with a supervisor, it can be hard to shift the subject of conversation away from research. And during supervisions, there's often already too much to discuss which means time may run out before you can raise any issues. Ask to schedule a separate meeting in order to create a dedicated space to open up the discussion.
- Is it possible to meet them somewhere other than in their office? You may feel more comfortable opening up the discussion in a neutral space, such as a campus cafe.
- It is understandable that you might feel vulnerable raising any issues with a supervisor. It might help to prepare some notes in advance so that you can clearly present to them the reasons why you are struggling.
- They will want to help you, but it's possible that they may not know what they can do to help. Prepare in advance some suggestions of what additional support you need and how they can adjust their supervision to better support you.

Academic mentors

For many PhD students, raising wellbeing struggles with a supervisor is not an option. If this is you, you might want to consider finding yourself as an academic mentor.

This article by [Academic Positions](#) provides a good overview of how to approach the process of identifying and seeking an academic mentor from outside of your supervisory team. Key advice here is to really think about ‘why’ you want an academic mentor, ‘what’ areas do you want this support to focus on and importantly ‘who’ you would like to connect with.

The DTA Team can also help put you in touch with academics from across the DTA community who are interested and willing to act as an academic mentor.

Student Unions (SUs)

As a postgraduate student, you are automatically part of your university’s Student Union (SU). These are organisations aligned with universities, run for students and which aim to support a range of student interests. While postgraduate research concerns may not seem to be the primary focus of your SU, getting involved in the activities run by the societies that they run can be a helpful way to start building a social network at the area where you are based.

If there are any institutional or systemic issues that are undermining your mental health and wellbeing (such as funding issues, teaching demands or stressful review processes), student unions are well placed to lobby on your behalf to your university.

[This resource](#) from the Wellbeing Thesis provides more information about the opportunities provided by SUs to PGR students. The [DTA directory](#) provides further details about the services for PhD students available at DTA university SUs.

They can also support your PhD experience by offering a range of services which often include:

- extracurricular activities (sports and societies)
- volunteering opportunities
- support for LGBT+ students
- opportunities to get involved in political campaigning
- advice services (wellbeing, housing, finance)
- representation and lobbying on your behalf to your university

Support for mental health and wellbeing within your university

DTA universities offer a range of services and resources to support your wellbeing and respond to mental health difficulties. These include online resources, drop-in and bookable 1:1 counselling sessions, self-guided therapy, mental health apps, self-assessments, workshops and helplines.

[A directory of the services at DTA institutions can be found at the end of this document.](#)

Mental health pressure points for PhD researchers and how to tackle them

Anxiety

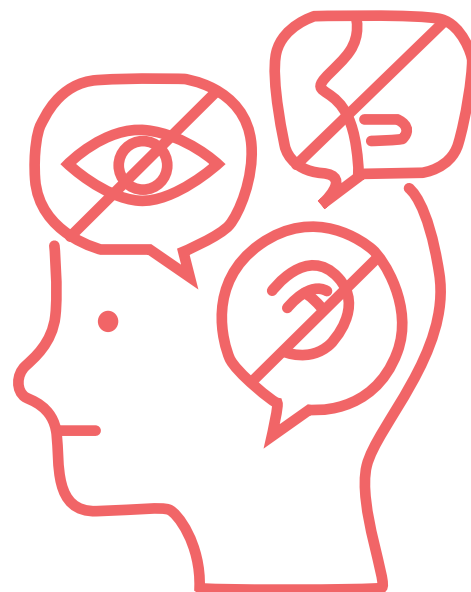
Information from [Student Minds and Anxiety UK](#)

Anxiety is a feeling of worry, nervousness, or unease about something with an uncertain outcome.

Even some of the most confident people may have experienced anxiety and it's something that we all experience to some level. However, if anxiety gets out of control or stops a person from doing everyday things, this can lead to feeling unhappy, upset and frustrated. Many anxiety disorders begin in childhood and adolescence, and the average time a person waits to seek help for their condition is more than 10 years. So a lot of university students may have been feeling anxious for quite a long time. The pressures of studying, getting involved and being away from home could be making things feel worse than ever.

The increased pressures of being a PhD researcher may trigger anxious thoughts about your work, but it may also worsen other forms of anxiety, such as social anxiety, health anxiety and OCD. Learn about these [here](#).

There are lots of resources available online to help you deal with anxiety. These include [Calm Club Anxiety Relief sessions](#), [self-help support groups based across the UK](#), as well as free anxiety management apps such as [SAM](#), the [Stress and Anxiety Companion](#), the [AntiStress Anxiety Relief Game](#) and [Anxiety Relief Hypnosis](#).



7 ways PhD students and academics can deal with stress, anxiety and depression

<https://cheekyscientist.com/7-ways-phd-students-academics-deal-stress-anxiety-depression/>

Student membership to Anxiety UK to gain access to reduced cost therapy sessions

<https://www.anxietyuk.org.uk/membership/student-membership/>

Practical tips for dealing with anxiety from Anxiety UK

https://www.youtube.com/watch?v=ttHu_N-zAnQ&feature=emb_logo

Top tips to support a friend with anxiety

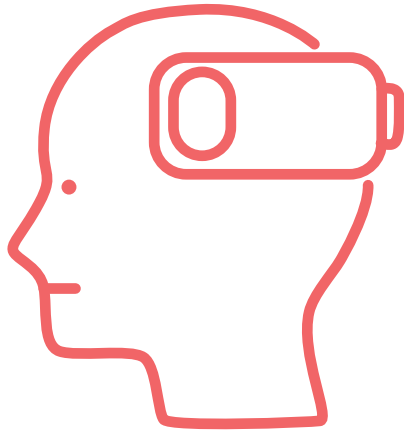
<https://www.studentmindsblog.co.uk/2016/10/top-tips-to-support-friend-with-anxiety.html>

Images used on this page were created by Victoruler from Noun Project.

Burnout

Recognising burnout

Burnout is a term coined by psychologist [Herbert Freudenbuerger in 1974 which is used to describe 'becoming exhausted through excessive demands on energy, strength, or resources'](#). It is recognised as prevalent amongst high achievers, perfectionists and, unsurprisingly, [PhD researchers](#).



Physical symptoms are similar to normal stress, but may become more pronounced or chronic. They include:

- sleep disturbances
- changes to appetite
- digestive troubles

Mental symptoms include:

- the depletion of energy may lead sufferers to feel numb
- unable to motivate themselves as they normally would
- depression
- lacking in new ideas or creativity

While a common mentality suggests that this kind of suffering is simply part of doing a PhD, the reality is that chronic stress and burnout can have a detrimental effect not only on the wellbeing of researchers but also on the quality of their work and productivity. [Burnout is often described as paralysing](#) because its symptoms make the sufferer unable to make productive progress of the task at hand, which thus reinforces feelings of helplessness and demotivation.

Preventing and recovering from burnout

Recognising and taking seriously the symptoms of chronic stress and burnout is the first step to prevention and recovery. [Even though it's easy to convince yourself that you do not have enough time for breaks](#), in the long term taking time away from your PhD may be better for your research than not giving yourself adequate breaks.

Prioritise relaxing activities and hobbies completing unconnected to your research and keep weekends and holidays free from PhD work. ***This may well be just as important for completing your PhD as all of the work that you do during working hours.***

Stress and Burnout in Graduate School: Recognising, Preventing and Recovering <http://ijobs.rutgers.edu/wordpress/2015/10/27/stress-and-burnout-in-graduate-school-recognizing-preventing-and-recovering/#sthash.BvNALiIX.dpbs>

The Importance of Taking Breaks <https://thewellbeingthesis.org.uk/foundations-for-success/importance-of-taking-breaks-and-having-other-interests/>

Are You Creating Your Own Burnout in Grad School? <https://finishyourthesis.com/burnout/>

How Millennials Became the Burnout Generation <https://medium.com/creative-science/burnout-culture-4d560d1cb0f2>

Depression

[This study](#) of over 3,500 PhD researchers in Belgium showed that, based on 12 mental health symptoms, 32% were at risk of having or developing a common psychiatric disorder, with depression being particularly prevalent. So what is depression?

It is a word that means lots of different things in different situations and it is normal to sometimes feel low when you've experienced a setback. However, there is a point at which these feelings get out of control: depression.

[Information below is from [Students Against Depression](#)]

Look For a Persistent Trend

Most of the following signs can be a normal part of the ups and downs of everyday life, which everyone experiences from time to time. However, if you can see a combination of several of these signs persisting over several weeks, then it should be taken seriously.

- Persistently sad, anxious or generally low mood
- Loss of interest
- Lethargy or decreased energy
- Irregular sleep or change in sleep pattern
- Appetite or weight changes
- Increased tearfulness
- Restlessness
- Poor concentration and difficulty making decisions
- Hopelessness and pessimism
- Feelings of worthlessness or guilt
- Thoughts of death or suicide



Read more about the signs of depression [here](#).



If you think you might be struggling with depression, it is critical that you book an appointment with your GP. If you are unsure of how to sign up for a GP, Student Services at your university (listed in the [DTA Directory](#)) can provide advice about medical support in your local area.

Another resource that can direct you to the help you need is Nightline - the anonymous listening and information service for students. Most DTA institutions have a Nightline service - find out more about yours [here](#).



As well as seeking professional help, there are other steps that may ease the symptoms of depression:

- Learn to identify and challenge '[depressed thinking](#)'. Keeping a diary recording your thoughts and moods at different times can be an important strategy in doing this.
- [Write down areas in your life that you wish were different](#). These can include immediate changes (eating better, exercising more), bigger changes (making a self-care plan, seeking professional help) and long-term changes to aim for (developing new support networks, taking up new hobbies). Once you have your list, you can think of an action plan to make these changes a reality.

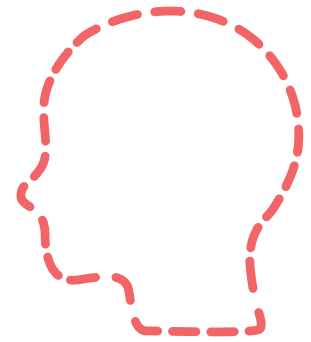
Imposter syndrome

Imposter syndrome refers to intense feelings of self-doubt to the extent that sufferers feel as if they don't deserve their success or achievements, and that these have just been flukes that don't align with their real abilities.

The psychologist who coined the term, Pauline Clance, also created a test. It's well known that imposter syndrome is common among PhD researchers. How do you score on the [Clance scale](#)?

It's important not to underestimate the impact that these inner feelings may have on you and on your development as a researcher. They may lead to:

- making unfavourable comparisons between yourself and peers which can cause social friction, and worsen social anxieties
- avoiding recognition and the public dissemination of your work
- avoiding opportunities for collaboration



What you can do to help yourself

- [Be critical of how you compare yourself with others](#). As an independent research project, the progress you make during your PhD is also completely individual to you. This means that any self-comparisons with peers are far from scientific!
- Share feelings with mentors and supervisors to gain help in critically assessing your thoughts.
- Remember that, even though you're still learning, you have already progressed so far. Looking back at work you did during your undergraduate or masters degree can remind you of this progress. You may well be amazed at how far you've come!
- Take care of building your identity as a researcher. The Wellbeing Thesis describes [three stages of PGR student identity](#). Knowing where you are in this process can help you feel more confident and comfortable in your identity at the beginning of your PhD, and understand what steps to move from one stage to the next.

What you can do to help others

- As a PhD researcher, take seriously your role in creating a supportive research community. This can mean praising your peers, celebrating their successes and engaging in cohort-building activities.
- If you're comfortable doing so, be open with your peers when you face a set back. This may in turn lead to them being more open with you.
- Some researchers have found it useful to write a '[CV of Failures](#)' which can help develop awareness that setbacks are not something to be embarrassed about.

Academic social media networks are full of blogs that describe experiences of imposter syndrome. When you're feeling overwhelmed by your own feelings of self-doubt, these can be a helpful resource to put them into perspective.

[A person before a PhD: understanding and combatting an academic identity crisis](#) - the mental health journey of PhD alumnus Dr Rob Seabourne

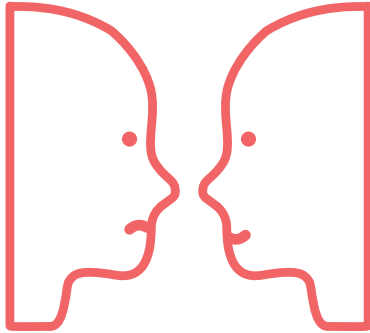
[The Lies We Tell Ourselves](#)

[Imposter Syndrome is Not Real, But I Call Mine 'Beryl'](#)

["I'm not worthy!" - Imposter Syndrome in Academia](#)

[The Imposter Syndrome: Fear and Loathing at the Annual American Society for Bioethics and the Humanities](#)

Loneliness



Certain aspects of doctoral study are intrinsically isolating, and as a result researchers often experience loneliness or social isolation at some point of their PhD. There may be long periods of working alone, and you may find it difficult to talk about your project with others, particularly non-PhD friends or family, who don't seem to understand the unique difficulties of doctoral research.

It is very likely that other PhD students part of your cohort or department will also be experiencing feelings of loneliness or social isolation. But remember that you can have an active role in creating a PhD research community that can support yourself and others. Here are some top tips on how to start doing this:

- 1. Check out the DTA Researcher Profiles.** A CTRL+F search will help you identify those in the DTA community who are researching topics that interest you. Why not send out an email suggesting an informal virtual catch up to find out more about what they do? Most researchers love receiving invitations like this, and will jump at the chance to discuss their projects with you.
- 2. Sign up for a social event for postgrad students.** These are increasingly run for the DTA community by the Reps. They may also be run within your institution by your doctoral college or the postgraduate society at your SU.

It might be daunting to come along to a social event if you haven't done so before, but remember that other researchers in the group are likely to be feeling exactly the same way. If you're nervous, it might be helpful to think in advance of how you want to introduce yourself to other attendees. Preparing an engaging response to the inevitable question 'so what's your PhD on?' may help break the ice!

- 3. Have a look at the list of societies on your Student Union website (links in [DTA Directory](#)).** These are groups run by students that offer opportunities to meet others with similar interests or hobbies to you. Student societies tend to be particularly welcoming to those looking to take up new hobbies. By researching societies at your institution, you may be able to join introductory sessions on anything from embroidery to surfing and wine tasting!

- 4. Find a sense of community through [engaging with social media](#).** Engaging with communities of researchers on Twitter or reading blogs about the experiences of PhD students helps many researchers feel less alone. The following are some popular Twitter profiles and blogs to introduce you to the PhD Twittersphere:

<https://thesiswhisperer.com/>

[@AcademicsSay](#)

[@legogradstudent](#)

[@thirdreviewer](#)

[@PHDcomics](#)

[@WriteThatPhD](#)

[@PhDForum](#) (Currently organizing virtual writing sessions)

[@ithinkwellHugh](#) (Tips on beating imposter syndrome and mental health support)

[@shutupwrite](#) (Scheduled Twitter-based writing sessions)



Overview of resources available to all PGR researchers



Advice on finding a counsellor or therapist

The services available at your university are the best place to first start looking for 1-to-1 counselling support. These directories may also help identify the right counsellor or therapist for you.

- [Welldoing](#) - the UK's leading service to match users to therapists
- [Counselling Directory](#)

Helplines

- [CALM - Campaign Against Living Miserably](#) (tailored support for men who are in crisis) - 0800 58 58 58, open 17:00-24:00 every day
- [Switchboard LGBT+ helpline](#) Information, support and referral service for lesbians, gay men, bisexual and trans people – and anyone considering issues around their sexuality and/or gender identity. 0300 330 0630, open 10:00-22:00 every day
- Nightline - the anonymous listening and information service for students. Most DTA institutions have a Nightline service - find out more about yours [here](#).
- [Shout](#) - free, confidential, anonymous text support service - 85258

Inside Academia

Keep up to date with resources available from [Inside Academia](#), which include articles, a podcast and a mentoring service. Inside Academia was set up by DTA alumnus Dr Rob Seabourne - read about his mental health journey during his PhD [here](#).

Mindfulness apps

- [Headspace](#) guided meditation app
- [Moodnotes](#) mood tracker & journaling app to capture your mood and help you improve your thinking habits
- [Smiling Mind](#) daily meditation and mindfulness exercises

Online cognitive behavioural therapy

- [Moodgym](#) - free interactive online self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety

Online communities

- [ChitChat](#) - not-for-profit organisation creating a place for everyone to have a conversation. They aim to reduce the number of people who are lonely, and are there to chit-chat about anything at all.
- [Side by Side](#) - join the online network set up by charity Mind to connect with others, and give and receive support for mental health issues

Student Minds

Student Minds is the UK's student mental health charity. Their website provides a range of resources, including [blogs](#) and information for supporting mental health for specific groups ([men](#), [lgbtq](#)).

The Wellbeing Thesis

The Wellbeing Thesis was developed with Student Minds to provide tailored wellbeing support for PGR students. Their online resources cover a range of topics including developing a researcher identity, dealing with uncertainty and how to talk about your project with non-PhD friends and family. Check out the A-Z of their resources [here](#).

Directory of resources available within DTA institutions

DTA universities offer a range of services and resources to support your wellbeing and respond to mental health difficulties. These include online resources, drop-in and bookable counselling sessions, self-guided therapy, mental health apps, self-assessments, workshops and helplines.



University of Brighton

Counselling service

<https://www.brighton.ac.uk/brighton-students/your-student-life/my-wellbeing/need-to-speak-to-someone/index.aspx>

Self-help resources, including Togetherall (self-guided courses, self-assessments, online support forums, online therapy, 24 hour support, helping with issues of anxiety, depression, isolation and stress)

<https://www.brighton.ac.uk/brighton-students/your-student-life/my-wellbeing/self-help-resources/index.aspx>



University of Central Lancashire

Counselling, Mental Health and Wellbeing Service self-referral counselling appointments

<https://www.uclan.ac.uk/students/support/wellbeing-service.php>

Student Union Mental Health Support

<https://www.uclansu.co.uk/healthandwellbeing/mentalhealth>

Headroom email service to give practical support and advice <https://www.uclansu.co.uk/headroom>



Coventry University

Counselling and mental health service Mental Health Advisers can offer sessions individually tailored to meet the current needs of the student. This could be concerning issues including but not limited to: depression, anxiety, sleep problems and more severe illness.

<https://www.coventry.ac.uk/study-at-coventry/student-support/health-and-wellbeing/counselling-and-mental-health-service/>



University of Greenwich

Wellbeing service one-to-one counselling, self-development and motivational workshops

<https://www.gre.ac.uk/student-services/support/student-wellbeing>

Togetherall. self-guided courses, self-assessments, online support forums, online therapy, 24 hour support, helping with issues of anxiety, depression, isolation and stress

<https://www.gre.ac.uk/study/support/togetherall>



University of Hertfordshire

Student Wellbeing counselling, support with emotional, mental health, disability and health related issues

<https://www.herts.ac.uk/life/support-and-wellbeing/student-wellbeing>



Huddersfield University

Togetherall self-guided courses, self-assessments, online support forums, online therapy, 24 hour support, helping with issues of anxiety, depression, isolation and stress

<https://students.hud.ac.uk/help/wellbeing/247support/togetherall/>

Wellbeing and disability one-to-one appointments for support on wellbeing and disabilities

<https://students.hud.ac.uk/help/ipoint/wellbeing-disability-appointments/>



Liverpool John Moores University

Mental Health and Wellbeing Student wellbeing team – bookable appointments, self-help resources

<https://www.ljmu.ac.uk/students/supporting-your-study/support-in-your-faculty>



University of Lincoln

Mental Health

<https://studentservices.lincoln.ac.uk/health-and-wellbeing/mental-wellbeing/> information and advice service, and free counselling available to all university students



Kingston University

Wellbeing service drop-in sessions providing counselling, bookable focused counselling, guidance and advice, self-help guides

<https://www.kingston.ac.uk/health/wellbeing-services/>



Manchester Metropolitan University

Mental Health and Wellbeing one-to-one sessions, therapeutic groups, self-help resources, workshops and courses to help with anxiety, stress, sleep and other problems, drop-in and appointment meetings with wellbeing advisors, disability support

<https://www.mmu.ac.uk/student-life/wellbeing/>

Greater Manchester Nightline confidential listening and information service run for students by students

<https://manchester.nightline.ac.uk/>



Nottingham Trent University

Mental Health service online resources, online CBT (cognitive behavioural therapy) programmes (SilverCloud), counselling appointments

<https://www.ntu.ac.uk/studenthub/student-help-advice-and-services/health-and-wellbeing>



Open University

Mental health support advice on how to get support while studying

<https://help.open.ac.uk/mental-health-support>

Students Association Resources self-guided courses, self-assessments, online support forums, online therapy, 24 hour support, helping with issues of anxiety, depression, isolation and stress

<https://www.oustudents.com/togetherall>



Plymouth University

Mental health support

<https://www.plymouth.ac.uk/student-life/services/student-services/mental-health-support> online resources

Counselling and mental health appointments

<https://www.plymouth.ac.uk/student-life/services/student-services/counselling> one-to-one appointments and ecounselling

Shine

<https://www.plymouth.ac.uk/student-life/services/student-services/shine> self-help resources to manage wellbeing

Fika

<https://www.plymouth.ac.uk/student-life/services/student-services/fika> wellbeing app

Togetherall

<https://togetherall.com/en-gb/> self-guided courses, self-assessments, online support forums, online therapy, 24 hour support, helping with issues of anxiety, depression, isolation and stress



University of Portsmouth

Mental Health and Wellbeing one-to-one support from counsellors, wellbeing or mental health advisers, workshops and courses - cognitive behavioural therapy, mindfulness courses, compassionate mind training (be a better friend to yourself)-, wellbeing café.

<https://www.port.ac.uk/student-life/guidance-and-support/health-and-wellbeing-support>

Online therapy online cognitive behavioural therapy

<https://ports.silvercloudhealth.com/signup/portsmouthac/>



University of Salford

Key contacts of mental health support within the university

<https://www.salfordstudents.com/articles/mental-health-support-at-salford>

Wellbeing and counselling service online self-referral for one-to-one sessions with Wellbeing Advisers and trained counsellors

<https://www.salford.ac.uk/askus/support/wellbeing-and-counselling> <https://manchester.nightline.ac.uk/>

Greater Manchester Nightline confidential listening and information service run for students by students

<https://manchester.nightline.ac.uk/>

Mental Health support from SU

<https://www.salfordstudents.com/advice/wellbeing/mental-health>

Rafiki peer support listening service <https://www.salfordstudents.com/rafiki>



Sheffield Hallam University

Student Union mental health resources and advice

https://www.hallamstudentsunion.com/advice_help/healthwellbeingsafety/mentalhealthandwellbeing/

Wellbeing one-to-one support including counselling and self-help guides

<https://www.shu.ac.uk/wellbeing>



University of South Wales

Mental Health 30 minutes telephone and MS Teams appointments with Wellbeing Advisors, and self-help resources

<https://mentalhealth.southwales.ac.uk/>

Counselling bookable appointments and self-help guides <https://counselling.southwales.ac.uk/>



Teesside University

Mental Health

https://www.tees.ac.uk/sections/stud/mental_health.cfm

Counselling drop-in and bookable appointments

<https://www.tees.ac.uk/sections/stud/counselling.cfm>

Online courses for mental health support

<https://www.eventbrite.co.uk/o/mind-amp-teesside-uni-mentally-healthy-universities-29075877327>



Ulster University

Wellbeing service online resources and information, appointments with advisors, helpline to access professional counsellor (0800 028 5510 or emailing ulsterstudents@inspirewellbeing.org)

<https://www.ulster.ac.uk/wellbeing/health-and-wellbeing/mental-health>

Mind your mood: student-led mental health campaign aiming to give students the opportunity to understand mental health issues, promote ways to improve your mental health and break down the stigma surrounding mental health among students.

<https://www.ulster.ac.uk/wellbeing/support-programmes/mind-your-mood>



University of West of England

Mental Health

<https://www.uwe.ac.uk/life/health-and-wellbeing/get-wellbeing-support/wellbeing-service>
wellbeing service, self-help resources, self-assessment

Feel Good

<https://www.uwe.ac.uk/life/health-and-wellbeing/feel-good> wellbeing activities and events

KoothStudent

<https://www.uwe.ac.uk/life/health-and-wellbeing/get-wellbeing-support/kooth-student> free
anonymous online counselling for students

ResilientU

<https://www.uwe.ac.uk/life/health-and-wellbeing/get-wellbeing-support/resilient-u> student-led
interactive workshops to develop skills needed for resilience and self-empowerment

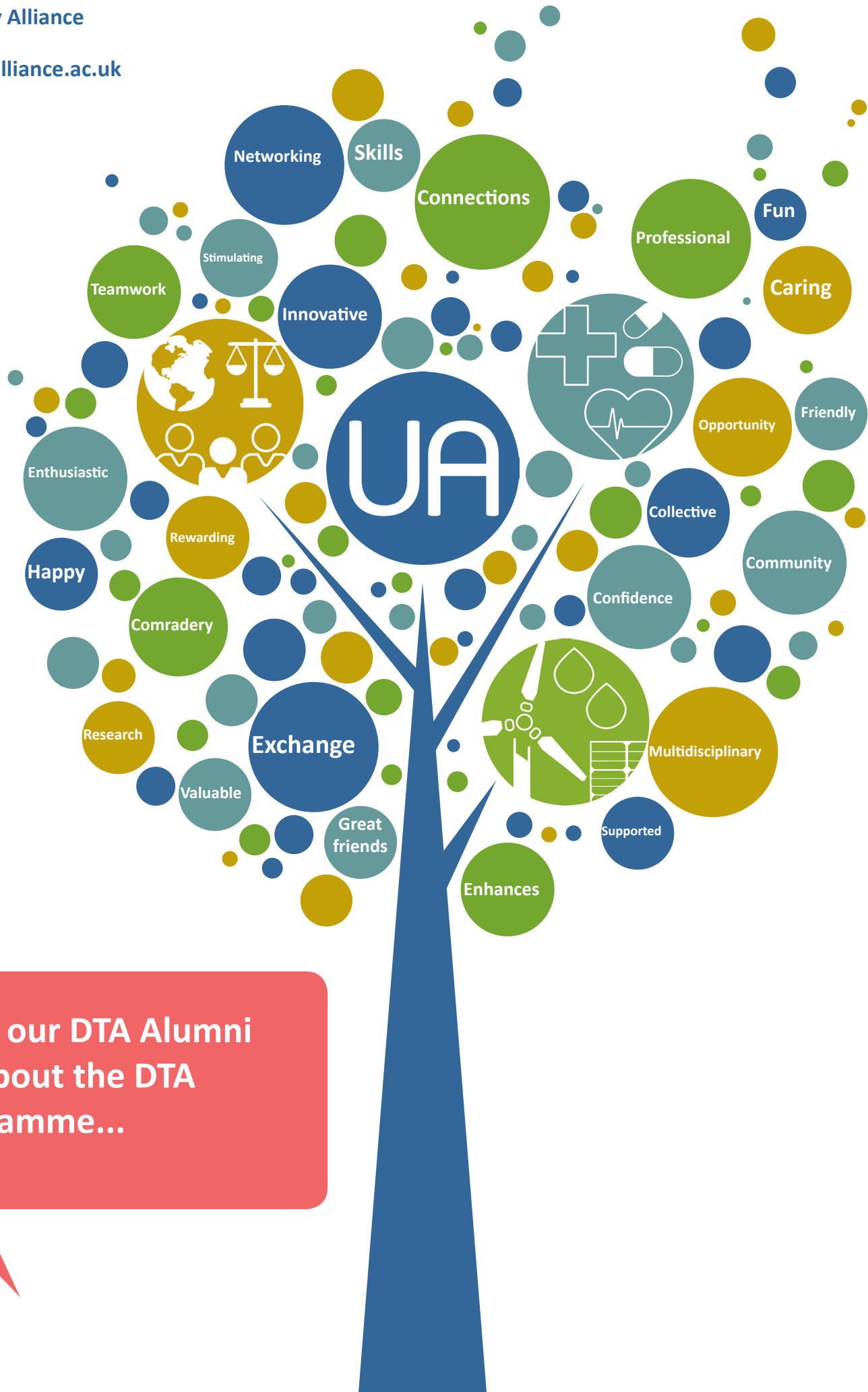


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dta@unialliance.ac.uk



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