If you’re struggling with any form of mental health difficulties or you just need a bit of extra support, there are a range of services there to support students. These range from Students’ Union and University services, to external services and charities. These services are also there to offer advice, so if you’re not sure whether this support is what you need they can offer advice on who to go to and whether their services will help. These services are also there to support those of you who may be a carer or those who may be worried about another student at university.

**The Student enabling centre**

The student enabling centre offer a range of services to support students through their time at university. Their counselling service provides the opportunity for students to talk in a confidential and supportive setting.

**Contact details**

Counselling - Student Enabling Centre (Stoke campus)
Cadman Courtyard (Cadman building)
College Road
Stoke on Trent
Staffs
ST4 2DE
**t:**+44 (0)1782 294977
**e:**counsellingreception@staffs.ac.uk

**University mental wellbeing support**

Mental wellbeing support offers one-to-one emotional and academic support for students to ensure you have all of the support you need at university.

**Contact details**

Lisa Benson
Student Wellbeing Advisor
Cadman Courtyard, College Road, Stoke on Trent. ST4 2DE

**t:** 01782 294517
**f:** 01782 292786
**Minicom:** 01782 294564
**e:**l.j.benson@staffs.ac.uk

Heather Brown Student Wellbeing AdvisorD001, One Stop Shop, Ground Floor, Beacon Building, Beaconside, Stafford.

**t:** 01785 353302
**f:** 01785 353330
**e:**h.e.brown@staffs.ac.uk

**Mind**

Mind provide support and advice to anyone experiencing mental health difficulties.

**Stoke on Trent shop**

44 Church Street

Stoke on Trent, Staffs, ST4 1BL

**Phone:** 01782 746731

**Website:**

**Opening hours:** Monday to Saturday: 8.30am - 4.30pm

**Changes**

CHANGES is a user-led mental health charity providing a unique recovery service to those in mental distress.

**Stoke Office**Changes Wellbeing Centre
Victoria Court
Booth Street
**Stoke**ST4 4AL
**01782 413 101
stoke****@changes.org.uk**

**Student Advice Centre**

If you are experiencing any form of mental health difficulties The Student advice centre can help ensure this does not affect your studies.

sac@staffs.ac.uk

**Stoke**
Student Advice Centre (Above the Ember Lounge),
College Road,
Stoke-on-Trent,
ST4 2DE

Tel: 01782 294629

**GP**

If you think you need extra support your GP is a great place to start. They can offer advice on who to speak to and the different options available to support you such as NHS adult mental health services.