### What do you need help with?

**Services (A-Z):**

- **AccessAbility**: Support for students who have dyslexia, disabilities and long-term conditions, including mental health conditions
- **Academic Representatives**: Representatives that voice your views and concerns to your departments and the University
- **Autistic Spectrum Society**: Supportive and campaigning student group
- **C-Card**: Free condom scheme for under 24’s
- **Chaplaincy**: Spiritual support and guidance for people of faith and no faith
- **Choices**: Sexual health drop-in clinic
- **Counselling & Wellbeing**: Emotional and mental wellbeing services, personal development workshops and coaching
- **Education Unit**: Academic and signposting advice that is confidential and independent of the University
- **Headspace**: Mental health drop-in clinic
- **Healthy Living Advice**: General online health advice including medical services
- **Independent Sexual Violence Advisor**: Provides coordinated sexual and domestic violence services
- **LGBTQA* Student Association**: Supportive and campaigning student group
- **Mental Health Awareness & Support (MHAS) Society**: Supportive and campaigning student group
- **Nightline**: Student listening support phone line, open 8pm - 8am every evening term-time
- **Open Mind**: Self-referral mental health service, primarily for low level anxiety and low mood
- **Peer Mentoring Scheme**: Student mentor support
- **Personal Tutor**: Provide advice and support with your studies and on your university life generally
- **Pro Bono Society**: Free legal advice, including housing
- **Reporting incidents form**: An online form to report non-urgent incidents that you would like support on (for urgent and crisis support visit the webpages)
- **Residential Advisers in University Halls**: Current students who provide pastoral support and run events
- **Safe Space**: Confidential 1-1 listening and signposting service
- **Security**: Provides 24/7 support for emergency issues on campus
- **Sexpersion Society**: Student group teaching sex and relationship education to young people
- **Sports & Active Life**: Provides sports services and facilities to help improve physical, social and mental health
- **Student Learning & Development Service**: Study advice and skills training via online resources, workshops & appointments
- **Student Minds Society**: Supportive and campaigning student group
- **Student Services Centre**: Fee and accommodation payments, ID cards, visa and immigration, signposting to other services including Careers, part-time work and support services
- **Student Welfare Service**: Provide advice including financial, leaving care, childcare, benefits and more
- **Students Union Officers**: Elected by you to represent students views when consulting with the SU and University and ensure your voice is heard
- **Training & Development Service**: Provide workshops to help enhance skills, confidence, mental wellbeing and more
- **Vinnie Therapy Dog**: Relaxing petting sessions with Vinnie (therapy dog) to help alleviate stress and reduce anxiety
- **Community support services**: There are lots of community services including medical, urgent and emergency services, visit the webpages for more information on these

### Support areas:

- **Main area of support**
- **Other areas they can provide support**

**Organised by:**

- **University**
- **University/SU**
- **StudentLed**
- **StudentLed/NHS**
- **SU/NHS**
- **University/UVABA**
- **SU/UVABA**
- **Student-led**

For more information on the services including contact details, location and opening times visit [www.leicesterunion.com/support/leicstalk](http://www.leicesterunion.com/support/leicstalk)