

## HELP SHEET – Student Support Services & Personal Problems

Being well and maintaining a balance between your academic and your personal life are essential factors in your success and enjoyment of university life. If any difficulties arise you should make sure that you are able to take steps to deal with them. REMEMBER - you are not alone and there are a number of support services around the University that can help you deal with these difficulties.

### School of Law – Postgraduate Research Office (PGR Office)

The PGR Office is specifically for postgraduate research students studying within the School of Law. Student Support staff are the first port of call if you have any queries about your studies, personal problems or if you are just not sure who to speak to.

**Email:** [lawpgr@manchester.ac.uk](mailto:lawpgr@manchester.ac.uk) **Tel:** 0161 306 1266

**Location:** 3.05, Williamson Building

### Student Occupational Health Service

The University recognises the importance of the health and wellbeing of all students. Occupational Health Services therefore aim to promote the physical, mental and social well-being of students. If you have any concerns about the effect your health is having on your studies, or if you would like advice on a range of issues e.g. alcohol, sexual health or drugs you can make an appointment. The consultation will be strictly confidential and no reports are provided unless specifically requested by you.

**Website:**

<http://www.occhealth.manchester.ac.uk/>

### Disability Support Office (DSO)

You can register with the DSO for any long term condition that may impact on your studies; this includes mental health conditions, learning difficulties, physical conditions, autistic spectrum conditions and more.

The DSO offers a wide range of support to students and, whenever possible, they will meet with you to discuss the support that suits you as an individual. With your permission, they will inform your academic school of your condition and suggest ways in which we can support you throughout your course.

**Website:**

<http://www.studentnet.manchester.ac.uk/crucial-guide/academic-life/support/disabled-students/>

**Tel:** 0161 275 7512

**Location:** Second Floor, University Place

## Student Support Services



### University Counselling Service

The University of Counselling Service is a team of professional counsellors and psychotherapists offering confidential help with any personal issues affecting work, self-esteem, relationships, mental health or general well-being. It is a free and confidential for all University of Manchester students.

They offer brief, focused counselling sessions that encourage student to make the most of the time. They also offer a wide range of courses and workshops. The Counselling Service is also part of a wider network of help and support; they can advise on where else to seek help within the University and make referrals to NHS mental health services.

**Website:**

<http://www.studentnet.manchester.ac.uk/counselling/>

**Tel:** 0161 275 2864

### The Information Advice and Guidance Team

A central University Team including the Student Support Advisor and the Student Money Advisor.

The Student Support Advisor can provide information and advice on pastoral matters, promoting health and well being.

**Website:** <http://www.studentnet.manchester.ac.uk/crucial-guide/personal-life/student-support-adviser/>

**Tel:** 0161 276 7991 or 0161 275 3033

**Location:** First Floor - The Atrium, University Place

The Student Money Advisor provides a specialist money advice and information service

**Website:** <http://www.studentnet.manchester.ac.uk/crucial-guide/financial-life/student-money-adviser/>

**Tel:** 0161 275 3053 or 0161 275 3781

**Location:** First Floor - The Atrium, University Place

### Students' Union Advice Service

The Students' Union Advice Service is a free, confidential service where students can get information and advice on personal and academic issues. It is run by professional Advisors who are independent of the University.

**Website:**

<http://manchesterstudentsunion.com/advice-service>

**Location:** Ground Floor, Students' Union (Oxford Road)

Information about other support services can be found on the Crucial Guide:

<http://www.studentnet.manchester.ac.uk/crucial-guide/personal-life/>