

## FEELING TROUBLED?

If you decide this is not the right time to learn mindfulness or take part in this research, please consider getting some help with your concerns.

We advise you to contact the University Counselling Service (01223 332865, [counsellingreception@admin.cam.ac.uk](mailto:counsellingreception@admin.cam.ac.uk)) or talk to your college nurse/welfare staff or your GP about your situation.

Additionally, the following recourses may be useful:



### Self-help material

The material collated by the University of Cambridge counselling service includes self-help guides, links to useful websites and books to read.

<http://www.counselling.cam.ac.uk/selfhelp>

### Mind

Mind offer an information line to answer questions about types of mental health problems, where to get help, drugs and alternative treatments, and advocacy

[http://www.mind.org.uk/information-support/helplines/#m\\_infoline](http://www.mind.org.uk/information-support/helplines/#m_infoline)



### SANE

A mental health helpline offering emotional support to anyone affected by mental illness, including family, friends and carers. Open every day of the year from 6pm to 11pm.

[http://www.sane.org.uk/what\\_we\\_do/support/helpline](http://www.sane.org.uk/what_we_do/support/helpline)

### The Cogwheel Trust

The Trust offers counselling and psychotherapy support for people in Cambridgeshire.

<http://www.cogwheel.org.uk>

