

## Student Health - Mood Problems

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Feeling depressed, anxious or having disturbing thoughts? These are common problems and there are several services that can help you:

- Student support services are an ideal first point of call.  
Tel 01225 876543  
[studentsupport@bathspa.ac.uk](mailto:studentsupport@bathspa.ac.uk)
- Our GPs provide a 24hr service and are very experienced in dealing with mood problems.
- [\*\*Psychological Therapies self-referral Service for Cognitive behavioural therapy \(CBT\)\*\*](#)  
Tel 01225 831810
- [\*\*Off The Record\*\*](#)  
Provides free self-referral counselling for young people up to the age of 25. Contact them directly by phone, email or text.  
Tel 01225 312481
- [\*\*The Samaritans\*\*](#)  
24hr telephone support and advice service  
Tel 08457 909090

More information on mental health problems is available on the [\*\*NHS Choices website\*\*](#)