

Wellbeing Services

The Mental Health team works with students to offer professional advice and support in relation to mental health difficulties. The team can assess the student's needs and offer the appropriate intervention. This may include practical advice on how to manage mental health difficulties, short term interventions, recommendations for adjustments under the Equality Act and assistance in applying for the Disabled Student Allowance (DSA) where longer term support may be required. The overall aim is to assist students to reach their full potential at university, improve their employment prospects, and promote emotional wellbeing.

We can all experience life problems from time to time and may benefit from support. The Wellbeing Team offer short-term counselling. Counselling develops insight, helps to put effective life strategies in place and builds personal resources and resilience. It brings about change to help well-being, functioning and study effectiveness.

We can also provide access to resources and information to help your well-being, for example masterclasses, information and useful websites.

W: dmu.ac.uk/current-students/student-support/wellbeing-disability/index.aspx

E: wellbeing@dmu.ac.uk

T: 0116 366 4442