

Wellbeing

What kind of support (including therapy types) does Wellbeing offer?

The Wellbeing Service has Mental Health Practitioners who offer support and guidance for students struggling with their emotional and mental health. We also have a specialist service offering tailored support for students with diagnosed or suspected Autism Spectrum Conditions.

We can refer students to our in-house counselling team should we feel it is appropriate. However, we do not currently offer Cognitive Behavioural Therapy/CBT to students.

We also provide both Specialist Mental Health Mentors and Specialist Autistic Spectrum Mentors to students who have been awarded either of these via [Disabled Students Allowances \(DSA\)](#).

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