

**The Student Psychological Services is not a crisis support service.
In the event of an emergency, please contact the Emergency Services or your GP.**

Student Psychological Services Can Provide:

1. Short-term emotional and psychological support through workshops and one-to-one counselling
2. Psychiatric assessments and advice on medication
3. Referrals to other psychological services (NHS or fee-paying) or support services
4. A wide range of self help books and materials
5. Letters for extenuating circumstances if you have had counselling or psychiatric support with the service



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Student Psychological Services Cannot Provide:

1. Some specialised diagnoses such as Attention Deficit Hyperactivity Disorder, Dyslexia, Aspergers, etc.
2. Long-term psychological treatment
3. Ongoing treatment for conditions such as Addictions, Eating Disorders, Post-Traumatic Stress Disorder, etc.
4. Any support if you are already seeing a therapist either individually or in a group
5. Prescriptions for medications
6. Letters for extenuating circumstances if you have not had counselling or psychiatric support with the service

