

## STUDENT WELL BEING SERVICE

### Where can I get support?

*Starting University can be a daunting experience and can at times be quite stressful. It is important to look after your mental health!*

### University of Portsmouth, Student Wellbeing Service

The Student Wellbeing Service offers confidential help with a wide range of personal and emotional concerns and is available to every student at the University, free of charge.

Phone: +44 (0)23 9284 3157    Email: [wellbeing@port.ac.uk](mailto:wellbeing@port.ac.uk).

### Want to register to access the Wellbeing service?

[Register here](#) to access wellbeing, counselling or mental health support.

### Need urgent support?

See [this article](#).

### Need to cancel or re-arrange a wellbeing/ counselling/ mental health appointment?

See [this article](#).

### Contact details

The Student Wellbeing Service.

- Phone: +44 (0)23 9284 3466
- Email: [wellbeing@port.ac.uk](mailto:wellbeing@port.ac.uk).
- Location: Nuffield Centre, Ground Floor, Student Advice Services Reception, St Michael's Road, Portsmouth, PO1 2ED

### Opening hours

The Student Wellbeing Service is open from 08:30 - 17:00 Monday-Thursday (08:30 - 16:00 on Friday).

### University of Portsmouth Student Wellbeing Service:

[fb.me/uopsws](https://fb.me/uopsws)

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