Mental health advice and support

The Counselling and Wellbeing team includes mental health advisers.

Mental health advisers are in place to provide support for students who may have had long-term mental health difficulties or are in a current state of significant distress due to health problems. Part of their role is to liaise with medical practices.

If you think you require support from a mental health adviser, you will firstly need to register with the Counselling and Wellbeing service.

You can contact the Counselling and Wellbeing administrator by phone on 0118 378 4216 or 0118 378 4218 or email counselling@reading.ac.uk to register with the service and arrange an appointment.

The mental health advisers:

- Work in conjunction with the Disability Advisory Service, particularly in planning service provision for students arriving at University for the first time.
- Meet with students in the Carrington building, Whiteknights campus, to assess mental health needs and plan an appropriate way forward.
- Support students sometimes throughout their time at Reading, where mental health concerns justify this. This includes reviewing whether particular needs can be met by involving Counsellors or others within the Student and Applicant Services Directorate such as Accommodation, Student Financial Services or Examinations.
- Liaise with academic and/or residential colleagues, to promote the well-being of students and to assist them in successfully completing their degree.
- Work with NHS colleagues within local medical practices including secondary service such as the local Consultant Psychiatrist and the local Eating Disorder service.
- Fulfil a linking role with secondary service Mental Health professionals, either within the student's home town or with those Community Teams who operate within the University vicinity.

Liaison within the University, following an assessment with a student, is carried out only with the signed agreement of the student unless exceptional circumstances exist pertaining to the life or safety of the student or of other people.

Find us: Room 106, Carrington building

Telephone: +44 (0) 118 3784216 / +44 (0) 118 3784218

Email: counselling@reading.ac.uk