



# Support Groups 2016/17

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## Monthly Eating Disorders Support Group

Do you have a difficult relationship with food or struggle with your body image? Along with students in similar situations, our advisers will support you through your difficulties and offer advice and guidance with any issues that you may have. Confidentiality will be respected.

The first Monday of every month, 5.00pm–6.00pm, SC4/24, Student Central.

## Monthly Living with Grief Support Group

We recognise that students may not be able to commit to the five week Living with Grief group so we have a safe monthly space where you can share and explore grief with other students and experienced advisers.

The second Thursday of every month, 3.00pm–4.00pm, SC4/24, Student Central.

## Weekly Mind Your Head Support Group



This group offers a confidential, safe space to talk openly if you are experiencing mental health difficulties. You will receive advice and support from other group members and the Mental Health and Wellbeing advisers.

Every Wednesday, 5.00pm–6.00pm, SC4/24, Student Central.

## Monthly Time to be Heard Support Group

Many students combine university study with care or support for a family member, friend or partner. Support can be needed due to illness, disability, mental health or substance misuse. Juggling such responsibilities with academic study can be challenging and place additional stress on a student's own physical and mental health.

For more details, email Rebecca Hayes at [r.hayes@hud.ac.uk](mailto:r.hayes@hud.ac.uk).

**No booking is required for these support groups, just turn up!**

## Fortnightly Trans\* and Gender Support Group

This is a support group for Trans\* students and those questioning their gender identity. This is a safe fortnightly space providing a time to share, advice and support with peers. If you are interested in attending you will need to meet with us before the group starts so that we can tailor the group to meet your needs.

For more details, contact Lynsey at [studentwellbeing@hud.ac.uk](mailto:studentwellbeing@hud.ac.uk)

