



The
University
Of
Sheffield.

University
Counselling
Service.

Self-help Resources and Workshops

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Self-help Material

UCS Help and Advice pages:

<http://www.shef.ac.uk/counselling/advice>

Downloadable relaxation exercises

at Oxford Brook University

<http://www.brookes.ac.uk/student/services/counselling/selfhelp/relaxation.html>

at University of Sheffield

<http://podcast.ulcc.ac.uk/accounts/UniversityofSheffield/counselling.xml>

Self-help booklets at Northumberland, Tyne and Wear NHS Foundation Trust

<http://www.ntw.nhs.uk/pic/leaflet.php?s=selfhelp>

Living Life to the Full

A free online self-help course to reduce anxiety, stress, low mood and other problems

<http://www.lttf.com/>

MoodGYM

A free, interactive programme for helping to identify and overcome problem emotions that might be affecting your stress level, your mood, your self-esteem and/or your relationship. It also has e-couch, an online program for preventing and coping with depression, generalised anxiety disorder and social anxiety.

<http://moodgym.anu.edu.au/welcome>

Common Issues of Students

A comprehensive list of resources on students' common issues at The University of Melbourne Counselling Service

<http://cms.unimelb.edu.au/student-services/counsel/resources/issues>

Big White Wall

The Big White Wall (BWW) is an online service for people experiencing psychological distress provided in partnership with the Tavistock and Portman NHS Foundation Trust. It is an online wellbeing service that combines social networking principles with a choice of clinically-informed interventions to improve mental wellbeing. It can be accessed 24/7 and has staff (Wall Guides) who ensure the full engagement safety and anonymity of all members. It costs only £2 a week.

<http://www.bigwhitewall.com>

P.T.O.

Healthy Living Workshops

These workshops are run by the NHS, IAPT services in Sheffield. They are free and no referral is needed.

Workshops include:

- Understanding Stress & Anxiety
- Managing Low Mood
- Assertiveness
- Interpersonal Skills
- Managing Sleep Problems

For up to date information visit their website:

<http://www.sheffieldiapt.shsc.nhs.uk/how-can-we-help-you/healthy-living>

Click on course schedule at the bottom of the page to find out date, time and venue of their workshops.

To book a place on their workshop, telephone the Sheffield Improving Access to Psychological Therapies (IAPT) on **0114 226 4380**.