

Counselling and Personal Support

Collaborative Partner students should contact Student Services within their own college or institution in the first instance if they require counselling or personal support, however you also have access to a range of services that the University offer to compliment partners provision.

DMU registered students can access some self help resources such as a 'Natural Relaxation Package' that can be freely downloaded and request 'Mind' leaflets covering a range of areas such as managing stress and increasing self esteem.

On-line packages are also available, CALM (Computer Aided Lifestyle Management) is a multimedia programme to identify, motivate and provide education on common issues such as anxiety, stress, depression and insomnia. It is available to all DMU registered students through blackboard.

We aim to help you

- Fulfil your potential
- Solve your problems
- Help you deal with what you want to change

We Can

- See you on a one-to-one basis
- Point you to on-line help
- Include you in one of our groups
- Get the right self-help resources

How we can help

- Life Coaching - develop your full potential.
- Counselling - help with a wide range of issues.
- Drop-in: email 121@dmu.ac.uk
- Nightline - listening service run by students

Self help resources

- Calmyou: online self help
- Natural relaxation course
- Beating the Blues: easy to use programme
- Information about common problems
- Index of Mind leaflets
- More about self-help resources

Contacts

First Floor Reception, Gateway House
Leicester Campus
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Email: counselling@dmu.ac.uk