

# Mental Wellbeing Pathways

*Thank you for sharing (Insert summary of disclosure), I would like to reassure you that support services are available for you.*

*You can self-refer to the Mental Wellbeing Team through the [online referral form](#).*

*Should you have a diagnosed Mental health condition we advise that you apply for a non means tested grant from Student Finance England called [Disabled Student Allowance](#).*

*You may want to look at the student services [non 1:1 webpage](#) which contains a range of [self-help information](#) and [group work programmes](#).*

*Local services including [Recovery College](#) (telephone: 0116 295 1196) and [Let's Talk-Wellbeing](#) can also offer support in Loughborough.*

*Further information is available on our [online reporting tool website](#).*