



The  
University  
Of  
Sheffield.

Student  
Support  
Services.

## SAMHS - Student Access to Mental Health Support.

### ONLINE REGISTRATION - 3 SIMPLE STEPS



1  
Register online with  
a few details



2  
Receive a confirmation  
email and book a  
Triage appointment



3  
Attend your Triage  
appointment and receive  
your plan

SAMHS helps you access the right mental health support for you from one initial appointment. If you need support with your mental health at any point during your time at Sheffield, you can register for SAMHS online with just a few details.

Appointments last for 45 minutes and you will discuss your individual situation with an experienced mental health worker. They help you navigate the many support options and together you will agree on a plan of action, tailored for you.

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Visit: [www.sheffield.ac.uk/mental-wellbeing](http://www.sheffield.ac.uk/mental-wellbeing)

# LOOKING AFTER YOUR HEALTH AND WELLBEING & HELPING YOU TO MAKE THE MOST OF YOUR TIME AT UNIVERSITY.

## Disability & Dyslexia Support Service

[www.sheffield.ac.uk/ssid/disability](http://www.sheffield.ac.uk/ssid/disability)  
[disability.info@sheffield.ac.uk](mailto:disability.info@sheffield.ac.uk)  
0114 222 1303

## University Health Service

[www.sheffield.ac.uk/health](http://www.sheffield.ac.uk/health)  
[health.service@sheffield.ac.uk](mailto:health.service@sheffield.ac.uk)  
0114 222 2100

## Multi Faith Chaplaincy

[www.sheffield.ac.uk/chaplaincy](http://www.sheffield.ac.uk/chaplaincy)  
[chaplaincy@sheffield.ac.uk](mailto:chaplaincy@sheffield.ac.uk)  
0114 222 8923

## Nightline

[www.sheffieldnightline.co.uk](http://www.sheffieldnightline.co.uk)  
[nightline@sheffield.ac.uk](mailto:nightline@sheffield.ac.uk)  
0114 222 8787 (listening)

## SAMHS

[www.sheffield.ac.uk/mental-wellbeing](http://www.sheffield.ac.uk/mental-wellbeing)  
[samhs@sheffield.ac.uk](mailto:samhs@sheffield.ac.uk)  
0114 222 4134

## Sexual Assault/ Domestic Violence/ Harrassment

[www.sheffield.ac.uk/ssid/cwag](http://www.sheffield.ac.uk/ssid/cwag)  
0114 222 4321

## Sport Sheffield

[www.sport-sheffield.com](http://www.sport-sheffield.com)  
0114 222 6999

## Student Advice Centre

[su.sheffield.ac.uk/student-advice-centre](http://su.sheffield.ac.uk/student-advice-centre)  
[advice@sheffield.ac.uk](mailto:advice@sheffield.ac.uk)  
0114 222 8660

