



The
University
Of
Sheffield.

University Counselling
Service and Student Access
to Mental Health Support

Information for overseas students

We encourage students who are not currently in the UK to access mental health or psychological support locally from services based within the country they presently reside.

Alongside this local support, students abroad can also access the TogetherAll Support Network ([Togetherall | A safe community to support your mental health, 24/7](#)). Upon returning to the UK, students can register with SAMHS for an appointment at [What is SAMHS? - Mental Wellbeing - The University of Sheffield](#)

Some helpful websites include:

Befrienders Worldwide <https://help.befrienders.org/>

Facebook list of helplines in other countries

<https://www.facebook.com/notes/screw-depression/international-helplines/670390192973574/>

Mental Health Europe – helplines list <https://www.mhe-sme.org/library/youth-helplines/>