

24/7 Counselling helpline

Call 0800 028 3766

(can call without downloading Wisdom app)

They offer in the moment confidential counselling, structured or online Cognitive Behavioural Therapy (CBT) programmes and much more including wellbeing and support services, legal and debt advice.

Wisdom App

The app offers access to self-help resources, chat function, Whatsapp and an option to request a call back from a counsellor. To access the student must quote

MHA208122

**ZAP OR TAP TO
DOWNLOAD**



Apple store



Google play

