The #LeicTalk message is that no matter what you’re facing, no matter what your background teaches, you should feel comfortable to speak up and seek the help you need to thrive here at the University of Leicester.

Whether you’re looking for academic advice, someone to chat to about your wellbeing, welfare guidance or a specific support group, there’s support for you. Explore and keep a note of the services below so you know who you can speak to if you need to. If you can’t find the service for you, email leicstalk@le.ac.uk and we’ll point you in the right direction. We have a team of friendly, helpful staff waiting to hear from you, so let’s talk we’re here to help!

These are the main support services available to you:
Click on the links for more information on the services

**UNIVERSITY SERVICES**
- AccessAbility (Disability Services) le.ac.uk/offices/accessibility
- Chaplaincy (Spiritual Support) le.ac.uk/institution/chaplaincy
- Counselling & Wellbeing (Mental Health Services) le.ac.uk/offices/counselling & le.ac.uk/offices/mental-wellbeing
- Residential Advisers (In University Accommodation) Speak to your Halls reception
- Student Learning Development (Study Help) le.ac.uk/offices/ld
- Student Welfare Service (Financial & Housing Advice) le.ac.uk/offices/welfare

**STUDENTS’ UNION**
- C Card Registration (Free Condom Scheme) leicestertonunion.com/support/leicstalk
- Choices Clinic (Sexual Health Drop-In Clinic) leicestertonunion.com/support/leicstalk
- SU Officer Representative (Advice and Support) leicestertonunion.com/meetyourofficers
- Education Unit (Confidential Academic Advice) leicestertonunion.com/support/education
- Headspace (Mental Health Drop-In Clinic) leicestertonunion.com/support/leicstalk
- Safe Space (#LeicTalk drop in) leicestertonunion.com/support/leicstalk
- Peer Mentoring Scheme (Student Mentor Support) leicestertonunion.com/peermentoring

**STUDENT LED**
- Autistic Spectrum Society leicestertonunion.com/autisticspectrum
- LGBTQA+ Association (Sexual Orientation Support) leicestertonunion.com/lgbtqassociation
- Mental Health Awareness and Support (MHAS) Society leicestertonunion.com/mentalhealthawarenessandsupport
- Nightline (Student Listening Support Line) 0116 223 1230 / leicestertonunion.com/nightline
- Pro Bono (Free Legal Advice) leicestertonunion.com/probono
- Student Minds Society (Eating Disorder Support) leicestertonunion.com/studentminds
- Sexpression Society (Sexual Health Educators) leicestertonunion.com/sexpression

**COMMUNITY**
#Leicstalk can also direct you to community support too, for example
Doctors, Police, Emergency services and Local Support Organisations leicestertonunion.com/support/leicstalk/community-support

Keep me safe – Save me to your computer so you can refer back to me if you need me!
Find out more: www.leicestertonunion.com/support/leicstalk
Follow us on 📱/leicstalk and 🎥/leicstalk