
Study: Investigating the effect of relived autobiographical pain on cognitive inhibition

AVAILABLE SUPPORT

- ***Student Welfare:***

<http://student.reading.ac.uk/essentials/support-and-wellbeing/support-arrangements/welfare.aspx>

Based in the Carrington Building, you can simply drop-in to speak to someone in person between 10.00-16.00 Monday to Friday, or you can email studentwelfare@reading.ac.uk should you wish to make an appointment.

- ***Counselling & Wellbeing:***

Email: counselling@reading.ac.uk

Website: <https://student.reading.ac.uk/essentials/support-and-wellbeing/counselling-and-wellbeing.aspx>

- ***Your Academic Tutor:***

<https://student.reading.ac.uk/essentials/study/academic-tutors/your-tutor.aspx>

If you require additional support, beyond that which is available from the University's support services above, additional support is also available from:

- ***Your General Practitioner:***

They will best set up to direct you to the available support services and can provide any necessary referrals required.

- ***Mind:***

Phone: 0300 123 3393

The charity Mind, through its website - <https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services/> - provides a list of specialist support services that are available through the UK.

- ***Papyrus HOPELINE UK:***

Phone: 0800 068 4141

A free service for young people, under the age of 35 years, who are experiencing suicidal thoughts

- ***Samaritans:***

Phone: 116 123

Emotional support for anyone in distress (www.samaritans.org.uk)