

Lots of support is available to you both internally and externally during difficult times.

- Are you are experiencing a [crisis?](#)
- Are you looking for [financial support?](#)
- Feeling [anxious](#) or experiencing tension or nervousness before an [exam?](#)
- Feeling [stressed](#)?
- Struggling with your [mental health](#), get online support with [Big White Wall](#).
- Do you have an [addiction?](#)
- Do you have an [eating disorder?](#)
- Struggling with the [loss of a loved one](#).
- Looking for [LGBTQ +](#) support?
- Do you have concerns about something that has happened to you or someone you know? [Report & Support](#)

If you have any questions or unsure who to ask for help please visit or contact the [Student Advice & Support Office](#), who offer support on personal and health matters, [financial advice](#), accommodation, University procedures, and can support and put provisions in place for students with [disabilities or medical conditions](#). If you have a persistent [mental health](#) condition or are worried that you are experiencing a serious deterioration in your mental health our team can offer you support and guidance, linking in with specialist support internally and externally to the University. Please call 01224 273935 or email student.support@abdn.ac.uk.