



Helping a friend or partner with depression

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Helpful advice

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Take care of yourself

- **for**
- **to**
- **essential**
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Useful contacts

[Students Against Depression](#)

[Depression Alliance](#)

[Depression UK](#)

[Samaritans](#)

[Mental Health Foundation](#)

[NHS Student Mental Health](#)

[NHS Choices](#)

[Big White Wall](#)

Sane

Student Wellbeing and Inclusivity team:
