**Sources of support – debrief**

*If your study includes any sensitive questions (e.g., about the participants’ mental health), please provide sources of support in your debrief that participants can access if needed. Some examples are given below. If possible or needed, please also include sources that are more relevant for your project.*

For students at the University of York there are several sources of support available:

* **Your personal supervisor**
* **“Open Door”** (a team of Mental Health Practitioners): <https://www.york.ac.uk/students/health/help/open-door/>
* The university’s **general health advice website** (<https://www.york.ac.uk/students/health/advice/>) has a lot of information and resources about mental health
* **YUSU Advice & Support Centre (ASC**) [www.yusu.org/asc](http://www.yusu.org/asc) | [asc@yusu.org](mailto:asc@yusu.org) | [01904 32 3724](tel:01904%2032%203724)
* **Nightline:** [www.yorknightline.org.uk/online](http://www.yorknightline.org.uk/online) [listening@york.nightline.ac.uk](mailto:listening@york.nightline.ac.uk) / [01904 32 3735](tel:01904%2032%203735). This is a confidential listening and information service run by students. They are open 8pm-8am every night during term and students can call, email, chat online or drop in (all emails are made anonymous).

Other sources of support that are also available to people who are not studying at the University of York include:

* **Your GP**
* **The York Directory of Mental Health**: [www.yorkmhdirectory.co.uk](http://www.yorkmhdirectory.co.uk/) (provides information about local mental health services and how to access them).
* The **Healthwatch York site**:  [www.healthwatchyork.co.uk](http://www.healthwatchyork.co.uk/) (provides information about local health services and how to access them).
* [**https://www.samaritans.org**](https://www.samaritans.org/)
* [**https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/**](https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/)

If you have other concerns around the project please get in touch with the project’s supervisor [name and email]