Southampton Southampton

Student Support Drop-In

Monday to Friday, (term time) 1:00 pm - 3:00pm, Building 37

Monday, Wednesday, Friday, (vacation time) 1:00pm-3:00pm, Building 37

Tuesday, 7:00pm – 8:00pm, Glen Eyre Halls

Wednesday, 7:00pm-8:00pm, Hartley Library

Thursday, 7:00pm – 8:00pm, Mayflower Halls

Please see overleaf for information on the support available.

Meet 1:1 with a trained advisor* (no appointment necessary) to find out about the range of support available including:

- \rightarrow Advice on disability, mental health and wellbeing.
- → Adjusting to university life.
- → Concerns about a friend.
- → Crisis support/personal difficulties.
- → Practical advice on a range of issues, e.g. study, housing, finance etc.

* A typical meeting will last approximately 10-15 minutes.