We are aware that going through an Appeals process can be a distressing time for students. Additional support available to students during this period can be found here:

**Mental health and wellbeing support**

If you notice your mental health and/or wellbeing begin to decline, we would encourage you to access support from one or more of the following sources -

* [**GP**](https://cavuhb.nhs.wales/our-services/cardiff-and-vale-health-inclusion-service/registering-with-a-gms-practice/) – speak with your GP about how you are feeling, coping and functioning. They will be able to discuss treatment and support options with you. If you are not registered with a GP, please follow this link
* [Mind](https://www.mind.org.uk/get-involved/active-monitoring-sign-up/?gclid=CjwKCAiAheacBhB8EiwAItVO26faQ9frdM4liv3yyoKzdsmAXJLnJTlB76TdEN_TmNFjAFHN6v8MTBoC2dUQAvD_BwE) – have a range of mental health resources available, including Active Monitoring which can help with anxiety, stress and depression
* [**Stepiau**](https://www.stepiau.org/en/) **–** is a free NHS mental health resource which includes self-help materials, a local services directory, group therapy options and access to courses
* [**Dewis Cymru**](https://www.dewis.wales/the-place-for-wellbeing-in-wales) **–** if you want information or advice about your wellbeing Dewis Cymru is the website to visit
* [**CALL**](https://www.callhelpline.org.uk/) **–** if you feel at risk or unsafe at any time you can contact CALL which is the mental health helpline for Wales (tel no. 0800 132 737/text 81066)

**Finance advice**

If you have finance or money worries and need advice, consider speaking with the following organisations –

* [**Stepchange**](https://www.stepchange.org/) provides free advice to anyone who finds themselves in debt.
* [**The National Debt Helpline**](https://www.nationaldebtline.org/) believes no-one should go through debt problems alone and offer online advice. Call: 0808 808 4000.
* [**Citizens Advice**](https://www.citizensadvice.org.uk/wales/) offers advice about benefits, debt and borrowing.

**Housing**

If you need advice around paying rent, your rights as a tenant or if you are at risk of homelessness contact the following organisation –

* [Shelter Cymru](https://sheltercymru.org.uk/what-we-do/) – offer advice and support to individuals affected by a housing emergency.