Support Groups
2017/18
**Autism@HudUni Lunch Club**
This group provides further support for students with ASC at university. It’s a chance to have lunch in a quieter environment and gives you the chance to ask questions about academic and student life. You will be able to meet other students with ASC and find out more about different services in the university.

**Eating Disorders Support Group**
Do you have a difficult relationship with food or struggle with your body image? Along with students in similar situations, our advisers will support you through your difficulties and offer advice and guidance with any issues that you may have. Confidentiality will be respected.

**Monthly Living with Grief Support Group**
We recognise that students may not be able to commit to the 4 week Living with Grief group so we have a safe monthly space where you can share and explore grief with other students and experienced advisers.

**Mind Your Head Support Group**
This group offers a confidential, safe space to talk openly if you are experiencing mental health difficulties. You will receive advice and support from other group members and the Mental Health and Wellbeing advisers.

**Fortnightly Trans* and Gender Support Group**
This is an informal group for Trans* students and those questioning their gender identity. We offer a safe space for students to meet peers, share experiences, offer and receive advice and support.

The group runs fortnightly on a Thursday, 5–6pm.

Please contact Lynsey Gray for more information at l.m.gray@hud.ac.uk

No booking is required for these support groups, just turn up!

For up to date timetables of all support groups please check the website at hud.ac.uk/wellbeing-disability-services/