



# Helping a friend or partner with depression

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## Helpful advice

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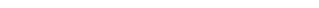
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## Take care of yourself

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

[Students Against Depression](#)

[Depression Alliance](#)

[Depression UK](#)

[Samaritans](#)

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[Mental Health Foundation](#)

[NHS Student Mental Health](#)

[NHS Choices](#)

[Big White Wall](#)

**Sane**

**Student Wellbeing and Inclusivity team:**

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