[Study Title]

Ethics Approval Reference: [Insert]

Dear Volunteer,

Thank you for taking part in this research study. This letter is intended for anyone who indicated on their questionnaires that they may be feeling rather worried or in a low mood. Of course, our moods can change from day to day. However, for some people their mood may remain low for some time. If this applies to you, I would like to point out that there are several sources of advice or help which are free and readily available to you and which may prove useful. Specifically, these include:

1. Your General Practitioner
2. Your College nurse (where available)
3. Your University Counselling Service (where available). [http://www.brookes.ac.uk/students/wellbeing/counselling/, https://www.ox.ac.uk/students/welfare/counselling?wssl=1/]
4. NHS 111
5. Helplines,
   1. The Samaritans 116 123
   2. The Mental Health Crisis Line 01865 251152
   3. Listening Service (Oxford University Students) 01865 270270

If you would like additional information, or a confidential discussion with a senior member of the research team, please contact [name] on [telephone] or [email].

[Researcher name and signature]