[Study Title]

Ethics Approval Reference: [Insert]

Dear Volunteer,

Thank you for taking part in this research. 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, 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. University Counselling Service (where available)

<https://www.brookes.ac.uk/students/counselling> <https://www.ox.ac.uk/students/welfare/counselling?wssl=1/>

1. NHS 111 (<https://111.nhs.uk/>)
2. Helplines:

Oxfordshire Mind Mental Health Info line

Phone: 01865 247788

Text: 07451 277973

Email: [info@oxfordshiremind.org.uk](mailto:info@oxfordshiremind.org.uk)

Oxfordshire Safe Haven - a safe and welcoming place for adults in a mental health crisis

Phone: 01865 903 037

Email: [osh@oxfordshiremind.org.uk](mailto:osh@oxfordshiremind.org.uk)

<https://www.oxfordshiremind.org.uk/support-for-you/safe-haven/>

Nightline – Oxford University Listening Service for Students 8pm to 8am, 0th week to 9th week

Phone: 01865 270270

Skype: oxfordnightline

Samaritans

Phone (0330) 0945717 or 116 123 (this number is free)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

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].

Best wishes,

[Researcher name and signature]