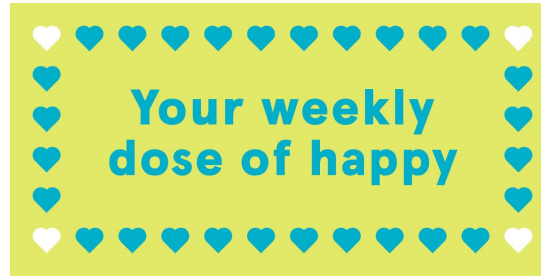


# Resources

- Dose of Happy newsletter:  
[Sign up here.](#)



- [LUU Advice](#)
  - Trained advisers offering expert, confidential and independent advice for any problem. Can make appropriate referrals and ongoing support.
    - Phone, email or video call support.
- [Counselling and Wellbeing service](#)
  - Self-referral
- [Connect](#) - telephone helpline open 6pm-2am every night of the year
- [Leeds Mind](#) - providing supportive mental health services and activities

