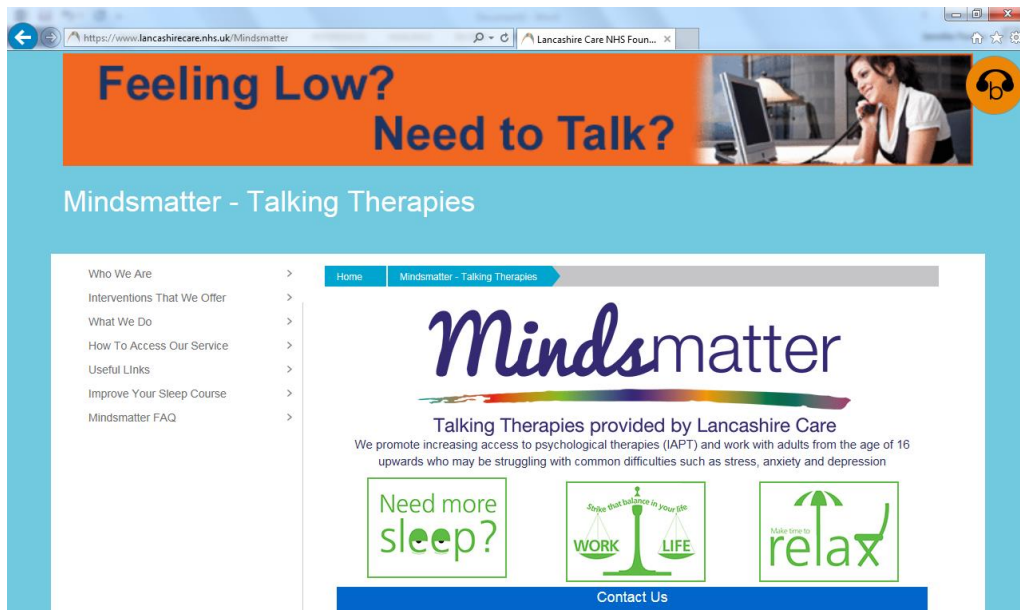


## Local Support

For students living in Lancashire

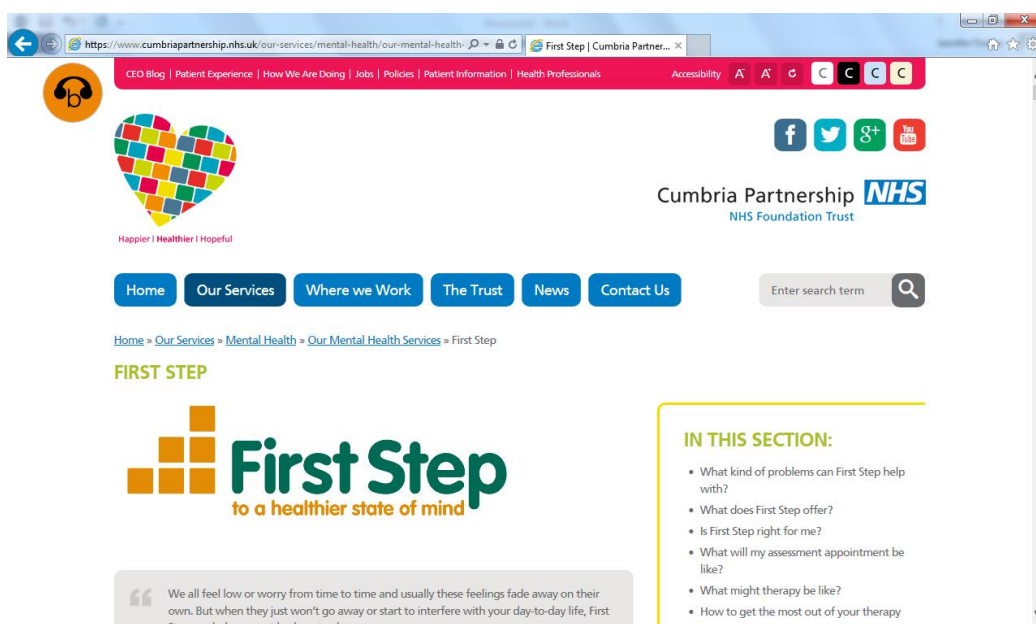
<https://www.lancashirecare.nhs.uk/Mindsmatter>



The screenshot shows the Mindsmatter website interface. At the top, there is a blue navigation bar with a home icon and a 'Mindsmatter - Talking Therapies' breadcrumb. Below this is a large orange banner with the text 'Feeling Low? Need to Talk?' and an image of a woman on a phone. The main content area features the 'Mindsmatter' logo, a subtitle 'Talking Therapies provided by Lancashire Care', and a brief description of the service. Three icons represent 'Need more sleep?', 'Balance that balance in your life' (WORK vs LIFE), and 'Make time to relax'. A 'Contact Us' button is at the bottom.

For students living in Cumbria

<https://www.cumbriapartnership.nhs.uk/our-services/mental-health/our-mental-health-services/first-step>



The screenshot shows the Cumbria Partnership NHS Foundation Trust website. The header includes a navigation menu with links like 'CEO Blog', 'Patient Experience', and 'Jobs'. A large heart-shaped logo is on the left, and social media icons are on the right. The main navigation bar has buttons for 'Home', 'Our Services', 'Where we Work', 'The Trust', 'News', and 'Contact Us'. The breadcrumb trail reads 'Home > Our Services > Mental Health > Our Mental Health Services > First Step'. The 'FIRST STEP' logo is prominently displayed, along with a quote: 'We all feel low or worry from time to time and usually these feelings fade away on their own. But when they just won't go away or start to interfere with your day-to-day life, First Step can help you get back on track.' An 'IN THIS SECTION:' list includes topics like 'What kind of problems can First Step help with?' and 'What does First Step offer?'.

