

Mental Health Other- Query Psychosis/Mania

Thank you for sharing (Insert summary of disclosure), I would like to reassure you that you have a range of options and support services are available for you.

You may wish to look at coping with [disturbing and/or distressing thoughts](#), we would also encourage you to contact your GP to discuss the impact and look at [a safety plan](#).

We understand that this can be a very difficult time, so I have referred you to DAI adviser for follow up support. They will contact you directly to identify any support that we can put in place to keep you safe, this may include adjustments to study, completing a safety plan or working with other university safe. The adviser can also advice should you wish to take a break in your studies.

Further information is available on our [online reporting tool website](#).

Kind regards