



We know how stressful exams can be but there is plenty of support out there so don't panic!

A good starting point is always [The Advice Centre](#) – we offer free, confidential and impartial advice and representation. We can help with any practical issues and you'll find lots of information on our website.

We organise lots of de-stressing events (called You Are More Than) over the exams so keep an eye on the Union's website for more information.

Academic Support

[Special Considerations](#) – Apply for extension requests and inform the exam board of anything that might affect your ability to study. Read the Advice Centre summary [here](#).

[Appeals](#) – Appeal against an academic decision using University regulations. The Advice Centre guide is [here](#) as well as our [statement-writing guide](#).

[Academic representatives](#) – Elected by students to deal with any course concerns.

[Library](#) – Supports teaching, research and learning across all campuses.

Pastoral Support

The Students' Union offers the following services if you just need someone to talk to:

[Peer support](#) – A confidential listening service run by students for students – talk through your worries with a trained Peer Supporter.

[Nightline](#) – A confidential and anonymous telephone listening service open from 8pm to 8am.

[Student Minds](#) – Student-run support group for eating difficulties.

In addition, the University provides the following:

[Residences Support](#) – First point of contact for support at halls but you don't need to be in halls to talk to them.

[Enabling Services](#) – A wide variety of support for students who have disabilities, mental health problems or specific learning difficulties.

[Chaplaincy](#) – Supporting Southampton's multi-faith, multi-cultural community.