

RSQ PARTICIPANT DEBRIEF SHEET

A Study into the use of Art and History in Mobile Mindfulness Interventions

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Thank you for completing our study, your contribution will help my research and my study. If you have consented to view my study on completion and to see the results of your contribution, you will be contacted after the project has finished.

If for any reason you wish to withdraw your data, please contact an identified researcher within two weeks (14 days) of your participation. After this date it may not be possible to withdraw your data as some results may have been published or anonymized. Your individual results will not be identifiable in any way in any presentation or publication.

If you have been affected by anything during this study or you feel you may need support, please reach out to one of the services below.

University of Bath based support:

1. **Nightline (20:00-8:00 Every day):** Email listening@bath.nightline.ac.uk
2. **Student Services (9:30-16:30 Mon-Fri):** Email studentsupport@bath.ac.uk
3. **SU Advice and Support (9:00-16:00 Mon-Fri):** Email suadvice@bath.ac.uk

Publicly available support:

1. **Samaritans (24/7):** Phone 116 123 or email jo@samaritans.org
2. **SHOUT Crisis Line (24/7):** Text "SHOUT" to 85258
3. **Contact your NHS GP:** <https://www.nhs.uk/service-search/find-a-gp>