



NEED URGENT SUPPORT?



In crisis or need urgent support?

Support for Students



When feeling overwhelmed it's important to remember that these intense feelings will pass, and things can and will improve - please don't give up. A mental health emergency should be taken as seriously as a physical one.



In an Emergency - Call 999

If you feel unable to keep yourself safe and you need immediate help - especially if you think you are at risk of acting on suicidal feelings, or you have seriously harmed yourself.

Visit your nearest Hospital.

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111 - Option 2 for crisis support

If you are experiencing a mental health crisis you will be able to dial the NHS urgent medical advice number (111), and by choosing 'mental health option' will be put through to your local crisis service.

Access some Crisis Tools

The mental health charity Mind has information on ways to help yourself cope during a crisis. This includes calming exercises and a tool to get you through the next few hours.



Contact your GP

make an emergency GP appointment? If you need urgent support for your mental health, but you feel able to keep yourself safe for a short while until your appointment.

MORE ONLINE

Scan the QR Code for further support from the Mental Health and Wellbeing Team.



SCAN ME