

Our Pocket Support Guide



Put this guide somewhere where you can easily find it if you need it.

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.

Follow this link for immediate advice if you are struggling with suicidal thoughts <http://staying-safe.net/>

Sometimes it helps to have someone to talk to.

If you need someone to talk to there are people who will listen and help.

- **24/7**
Samaritans – You can telephone Samaritans on **116 123** or **0845 909090** send an email (jo@samaritans.org). If you need a response immediately, it's best to call on the phone.
- **24/7**
Young Minds Crisis Messenger (up to age 25)
Text: YM to 85258. The aim is you will be contacted by text within 5 minutes to listen to you and help you think through how you're feeling, and will aim to help you take the next steps towards feeling better.
- **24/7**
Do you need help now? The CAM **Crisis Messenger** text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can **text CAM to 85258.**
<https://www.camgrant.org.uk/cam-crisis-messenger/>
- **5pm-Midnight – support for men**
CALM
Ring **0800 58 58 58**
Or <https://www.thecalmzone.net/help/webchat/> - to use webchat
- **10am-10pm Weekdays; 2pm-10pm weekends/Bank Holidays**
Papyrus – a support service for young people:
Ring **0800 068 4141**

In an emergency:

- **If you are on campus ring University Security –01902 322106** (or **2106** from any internal phone). They are available **24/7**.
- **For urgent help ring 999.**

You can find mental health and wellbeing advice and support information on the University Website.

Click on '[Mental Health and Wellbeing Advice](#)' on the Staff and Student Landing pages to find out more