



Making Every Contact Count

Health Services available to NTU Students

The information below lists the key health services that are available throughout Nottingham City & Nottinghamshire. Each provides impartial help, support and advice.

Please hover over the mouse pointer  over the heading you require until the hand and finger pops up  then press the left mouse button. This will hyperlink to the information you need.

Mental Health & Wellbeing

Suicide

Eating Disorder Service

Domestic Violence and Abuse

Healthy Eating

Physical Activity & Sport

Sexual Health

Sexual Assault and Related

Alcohol

Drugs

Smoking

NTU Student Disability Support

NTU Health Centres

NTU Student Finance Support

Employability

NTSU Information & Advise Service

Meningitis

Urgent Care Centre

School Based Student Support Advisors

Hate Crime

Gambling

Loss

NTU Health & Wellbeing Support

Support, help and advice on all mental health & wellbeing issues

www.ntu.ac.uk/wellbeing

Call: For students seeking help: 0115 848 2990

For 3rd parties worried about a student: 0115 848 6880

Let's Talk Wellbeing

providing a range of talking therapies for people experiencing common difficulties such as feeling low, anxious or stressed.

www.letstalkwellbeing.co.uk

For the City of Nottingham call 0115 9560888

For Nottinghamshire call 0115 9560888

Nottingham City Insight Healthcare 'Community'

Insight Healthcare's Talking Therapies provides help for people with anxiety, depression and other similar difficulties.

www.insighthealthcare.org

Call 0300 555 5580

E-mail Notts@insighthealthcare.org

Trent Psychological Therapies

Providing a flexible, responsive and accessible high quality psychological therapy service

www.trentpts.co.uk

Call 0115 8963160 or 0115 8963160

Samaritans

The Samaritans service runs 365 Days a year/24 hours a day and provides help and support on all issues.

www.samaritans.org/

Call free: 116 123

E-mail: jo@samaritans.org

KOOTH

Award winning specialist on-line counselling service

www.kooth.com

NTU OCD & Social Anxiety

Providing help and support on OCD and Social Anxiety. Service operates as self-referral. Call 0115-9560888 and to state you are at NTU and would like to be seen on campus.

Thursdays 4-7pm, room 8, Newton

Thursdays 4-7pm, room 3, Newton

Nottingham Recovery College

Teaching people skills to manage their physical and mental health (primary and secondary care) via various courses. All courses are designed to increase knowledge and skills about recovery to help manage mental health and wellbeing.

www.nottinghamshirehealthcare.nhs.uk/nottingham-recovery-college

NTU Wellbeing courses: www.nottinghamshirehealthcare.nhs.uk/ntu-recovery-college (courses dates and booking will be via the web site)

Call: 0115 9560827

STEPS

STEPS is a Mental Health and Wellbeing primary prevention service aimed at Black & Asian, Minority Ethnicities (BAME) and offers one-to-one and group support to people with mental health needs. The programme is aimed at enabling greater independence.

www.metropolitan.org.uk/support-services/steps/

Call 0203 535 5244

E-mail steps@metropolitan.org.uk

Next Step

Provides peer-led social activities and support to assist adults with serious mental health problems in their recovery process

www.nextstepnetwork.info/

To access the service;

Call 07564031761

E-mail: enquiries@nextstepnetwork.org.uk

MUTED

Peer led service providing information, support and knowledge of Depression in Men

www.muted.org.uk/

To access the service: E-mail: info@muted.org.uk

Wellness in Mind

Wellness in Mind is the central point of advice and support for anyone in Nottingham seeking better mental health. Support can be provided face to face, over the phone or online. Referrals are made via the web site:

<https://www.wellnessinmind.org/>

The web link is also mobile phone friendly

Call: 0800 561 0073

Wellness in Mind Helpline- for those registered with a Nottingham GP, runs 9.00am -12.00 Midnight 365 days per year

Harmless

Harmless is a user led organisation that provides a range of services about self-harm including support, information, training and consultancy to people who self-harm, their friends and families and professionals. For any enquiries or queries contact: Project Worker:

colin@harmless.org.uk

www.harmless.org.uk/

info@harmless.org.uk

On-line form: www.harmless.org.uk/contact

Tomorrow Project

The Tomorrow Project is a sister service to Harmless and provides Suicide support and advice. The service has 2 key functions:

1. A primary care suicide crisis pathway – for all those ineligible for current crisis provisions that represent high risk but are essentially primary care patients.
2. A suicide bereavement pathway – this automated referral will be received directly from the police as they file their report of a death by Self-Harm to the Coroner.

www.tomorrowproject.org.uk

For referrals and support e-mail **tomorrow@harmless.org.uk** (the web site has a very useful 'Need Help' section)

Text service available on 07594 008 356

Key contact: Adrienne Grove Clinical and Support Services Manager:
adrienne@harmless.org.uk,

Call: Office (0115) 9348445, Mobile 0778 4389802

Hope

Is UK charity that provides support for young people aged 11-25 who have a family member diagnosed with a life-threatening illness. Hope is unique in that it provides support from diagnosis and continues to support young people for however long they need us.

Ref:PDMECC 06/08/18

www.hopesupport.org.uk/online-support.html

E-mail: help@hopesupportservices.org.uk

Call: 01989 566317

Support Resource:



Online Support
Flyer 2017.pdf



Student Pack.pdf

Suicide

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Papyrus

Specialist suicide service for young people

www.papyrus-uk.org

Call free: 0800 068 41 41

E-mail: pat@papyrus-uk.org

Text: 07786 209697

Calm

The Campaign Against Living Miserably (CALM) is leading a movement against male suicide.

Call 0800 58 58 58

Web chat available

Available 5pm-midnight all year round

Samaritans

The Samaritans service runs 365 Days a year/24 hours a day and provides help and support on all issues.

www.samaritans.org/

Call free: 116 123

E-mail: jo@samaritans.org

Eating Disorder Service

City Campus

Thursdays 4-7pm City, Newton, Consultation Room 7, Counselling

4-7pm Consultation Room 9, Drop in

Self-help group-Mondays 6.30-8pm, NTSU, The Think Tank (various themed sessions run every week)

Clifton Campus

Wednesday, room 84 Counselling

Fridays 9-4pm, Clifton, SSC, Rooms 086,
Sunrise Medical Practice 'Meeting Room' Drop in and support

Brackenhurst Campus

No Brackenhurst session currently running

Contact

Please refer using the e-mail above or direct to:
EDISS Co-ordinator: timo@firststepsderbyshire.co.uk

City Campus Project officer: maisie@firststepsderbyshire.co.uk

Clifton Campus Project Officer: maisie@firststepsderbyshire.co.uk

www.firststepsderbyshire.co.uk/

Call: 01332 367571

Domestic Violence & Abuse

Men's Advice Line

Confidential helpline for men experiencing domestic violence from a partner or ex-partner.

<http://www.mensadvice.org.uk/>

E-mail: info@respectphonenumber.org.uk

Call: Freephone 0808 801 0327 Monday-Friday 9am-5pm

Web chat available Tuesday's and Thursday's 10-4pm

<https://secure.callhandling.co.uk/cc2/WebChat>

Women's Aid Integrated Service

Free, confidential and independent charity working with women and their children who have been affected by domestic abuse.

<http://www.wais.org.uk/home.php>

Call: Helpline Freephone 24 hour: **0808 800 0340**, Referrals: **0115 947 6490**, Office: **0115 947 5257**

Equation

Domestic abuse specialists

E-mail: info@equation.org.uk

Call: 0808 800 0340 over 18s 24 hour phone line. Under 19s call 0800 1111. Other support numbers available via the web site:

<http://www.equation.org.uk/need-help/>

<http://www.equation.org.uk/>

Healthy Eating

NTU's Foodshare Allotment

Peeverell Hall, Clifton Campus

learn how to grow food in an organic environment

Wednesday's, 1-3pm, Clifton, Behind Peeverell Halls Reception

www.ntu.ac.uk/sustainability

e-mail: environment.team@ntu.ac.uk

Eat Yourself Happy

Useful fact sheet on eating a balanced diet for better health and wellbeing.



Eat yourself
happy.pdf

Healthy NTU

Useful information and links:

https://www4.ntu.ac.uk/student_services/health_wellbeing/staying_healthy/eat_well_be_active/index.html

Physical Activity & Sport

NTU U Cycles

Bike hire for students £35 per year (or £20 per term)
www.ntu.ac.uk/ecoweb/carbon_elephant/Ucycle/

NTU Mindfulness Walks

A great way to savor nature and quieten the mind
www.ntu.ac.uk/stayinghealthy and click on the Emotional Health tab

NTU Sport

For all your fitness, activity and sporting needs
www.ntu.ac.uk/sport

NTU Sport Access Scheme

Is a great way to get into sport and activity to help improve your health and wellbeing. Only open to those already getting support via Student Support Services
www.ntu.ac.uk/stayinghealthy click on the Emotional Health tab

Southwell Leisure Centre

For all your fitness, activity and sporting needs if studying at Brackenhurst
www.newark-sherwooddc.gov.uk/slc
Call:01636 813000

NTSU Sports & Societies

https://www4.ntu.ac.uk/sport/sports_clubs/clubs/sports_club_directory/index.html

<https://www.trentstudents.org/societies>

Sexual Health

NTU Health Centres

Provide free sexual health screening and free condoms via [C-Card](#)

Contraceptive and Sexual Health (CASH)

Victoria Health Centre, Glasshouse Street, Nottingham NG1 3LW

Offers free contraception, advice and support on all areas of sexual health

Runs [C-Card](#)

Call: 0115 8839000

NTSU Information & Advice Service

Providing Free condoms at Clifton and City. HIV Testing performed by Terrance Higgins Trust. Please check with IAS for day(s) and times.

NGY/BASE 51

Castle Gate, Nottingham City

Offers counselling, easy access to a nurse who can do contraception, screening and C-Card

www.base51.org.uk/support/health/

Call: 0115 952 5040

LGB & T/Gender Sexual Minorities

Providing specialist counselling around issues related to gender, sexuality, HIV and sexual health

Call: 0115 8839081 or 077956 37694

e-mail: SHS.counselling@nuh.nhs.uk

Sexions

Provides confidential one to one advice and support on all sexual health matters

Call: 01636 681681 ext 4825 or call/text 07580790017 or 07580749522

Service available at Brackenhurst Friday's from 12 till 2pm, Pippin Cottage, Consultation Room 8 (term time only)

For more information on sexual health support and information for Nottingham City & Nottinghamshire go to:

www.nottinghamshiresexualhealth.co.uk

Nottingham City Hospital GU Medicine

HIV duo testing, Sexual health clinic testing, Out of office hours, [PEP](#) (Post-exposure prophylaxis) administering Call 0115 962 7744

Sexual Assault and related

Equation

Works on tackling issues related to domestic violence throughout Nottingham and Nottinghamshire. Equation aims to reduce domestic violence by strengthening inter-agency working, raising public awareness and changing attitudes.

www.equation.org.uk

Call: 0115 9623 237

Helpline: 0808 800 0340.

E-mail: info@equation.org.uk

Nottinghamshire Sexual Assault Referral Centre (The Topaz Centre)

Supports people 18+ who have been raped or sexually assaulted. Provides a crisis response, supports access to medical care and can provide a safe place to gather any forensic evidence.

www.topazcentre.org

Call: 0800 085 9993 (24/7)

E-Mail: notts.sarc@nhs.net

Nottinghamshire Sexual Violence Support Services

Provides support to anyone 13+ who has experienced sexual violence. Provides counselling, support groups, email support, and support with reporting to police.

<https://nottssvss.org.uk/>

Call: 0115 947 0064

E-mail: support@nottssvss.org.uk

NTU Student Support Services Advisers

Specialised staff members who provide support and a consistent point of contact to students who've experienced any forms of sexual violence or harassment.

Provides

Website:

https://www4.ntu.ac.uk/student_services/individual_support/sexual_violence_support/index.html

E-Mail (to refer others): studentsupportofficers@ntu.edu

Alcohol

www.drinkaware.co.uk/

Last Orders

Delivers a range of alcohol services to people in Nottingham City and Nottinghamshire regardless of the severity of their alcohol problems

Face-to-face drop in location:

NEMS Platform One Practice, 79a Upper Parliament Street, Nottingham NG1 6LD. Monday, Tuesday, Thursday and Friday 9.30-4.30pm, Wednesday 9.30-5.30pm. Appointments are also available on Saturdays by calling 0800 066 5362

www.nottinghamrecoverynetwork.com

Call: 0800 066 5362 or 0115-9709590

Sobar

Nottingham's only alcohol free bar

www.sobar-nottingham.co.uk

Drugs

Chill Out Sound Support

A consortium of local organizations that have come together to deliver an integrated drug treatment and advice service

www.nottinghamrecoverynetwork.com

Call: 0800 066 5362 or 0115-9709590

NTU Drugs Support

Impartial confidential health and advice on drugs and related substances Tuesdays, City 12-1pm, Newton, Room 8. Contact Neil to arrange one to one advice and support sessions. Meeting places can be at the convenience of the students on any campus.

<https://www.nottinghamrecoverynetwork.com/help-with-drugs/>

e-mail: neil.brooks@FrameworkHA.org

Call: 07891514257

Smoking

Offering advice and support include free products (Nicotine Replacement Therapy) to help you stop smoking

www.nhs.uk/smokefree?gclid=CM6P0tmwrdECFYMK0wodxPsM6Q

New Leaf – Nottinghamshire

<https://www.smokefreelifenottinghamshire.co.uk/>

Call free: 0800 246 5343 or Local 0115 7722515

or text QUIT to 66777

E-mail: info@smokefreelifenottinghamshire.co.uk

NTU Student Disability Support

Coordinate support and access arrangements for disabled students and students with specific learning difficulties.

www.ntu.ac.uk/disability

Call: 0115 848 2085

E-mail: disability.support@ntu.ac.uk

NTU Health Centres

It's much easier to register with a local doctor, whilst you are studying at NTU, so that you can get medical help and advice quickly and easily. Your home GP can still see you as a temporary resident when you are not in Nottingham.

www.ntu.ac.uk/healthcentres

Call: City	848 6481
Clifton	848 3100
Brackenhurst	813 561 (01636)

NTU Student Finance Support

Help and advice to students on their application to Student Finance
England and other national student finance services

www4.ntu.ac.uk/student_services/fees_finance/advice_support/index.htm

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Call: 0115 848 2494

E-mail: financial.support@ntu.ac.uk

Employability

Help, support and advice on making sure you have the best career opportunities.

www.ntu.ac.uk/employability

NTSU Information & Advice Service

Provides independent, free and confidential advice, information and representation service to all students

<https://www.trentstudents.org/ias>

Call: 8486 260

E-Mail: sac@su.ntu.ac.uk

Meningitis

All first year students under the age of 25 are encouraged to have the [Meningitis ACWY vaccine](#). [NTU Health centres](#), including [Southwell Medical Centre](#) will provide the vaccine for free. Students will need to be a patient of the health centre and ring to book an appointment

City Campus Health Centre: 8486481

Clifton, Sunrise Medical Practice: 848 3100

Southwell Medical Centre: 01636 813 561

www.meningitisnow.org/

<https://www.meningitisnow.org/fight-for-now/>

Nottingham Urgent Care Centre

Providing access to assessment and treatment if you need help with a health problem that is **urgent, but not life-threatening**.

open between 7am and 9pm all year round, no appointment needed

www.nhs.uk/Services/clinics/Overview/DefaultView.aspx?id=96535

Call: 883 8500 for more information

School Based Student Support Advisors

Providing support regarding issues that are impacting on your studies including:

Relationships	Life Events
Thinking of Leaving	Pregnancy
Stress	Gender identity
Victim of crime	Caring responsibilities
Substances issues	Other issues...

The generic e-mail address for referrals is:

NTUStudentSupportOfficers@ntu.ac.uk

- **Nadine Gilbert** Email: nadine.gilbert@ntu.ac.uk Tel: 0115 84 85523
School: School of Social Sciences and Institute of Education
- **Daniel Hendry** Email: daniel.hendry@ntu.ac.uk Tel: 0115 84 85526
School: Science and Technology (Clifton)
- **Michael McLeod** Email: michael.macleod@ntu.ac.uk Tel: 0115 84 85580
School: Law
- **Caroline McCarthy** Email: caroline.mccarthy@ntu.ac.uk Tel: 0115 84 85528
School: Nottingham Business School
- **Daniel Slater** Email: daniel.slater@ntu.ac.uk Tel: 0115 84 85529
School: Architecture, Design and Built Environment
- **Sarah Powell** Email: sarah.powell@ntu.ac.uk Tel: 0115 8486357
School: Art & Design
- **Kathryn Frith** Email: Kathryn.frith@ntu.ac.uk Tel: 0115 8483290
School: Arts and Humanities (Clifton)
- **Julie Wibberley** Email: Julie.wibberley@ntu.ac.uk Tel: 0115 84 82279
Covers all Schools at Brackenhurst

Hate Crime

- Seek support from NTU Student Services www.ntu.ac.uk/wellbeing
- Report it at the Student Union www.trentstudents.org/hatecrime
- Report online through TrueVision www.reportit.org.uk/home

Reporting a Hate Crime or Incident can be done anonymously and as a third party witness both to the Police and NTU Student Services – The contact at NTU services is **Jane Oakley** Email: jane.oakley@ntu.ac.uk
Tel: 01158486350. Please do not send referrals to Jane. Please the links above.

Gambling

GamCare

Offers information and online support, with a helpline, forum and chat room for people suffering because of a gambling problem.

Freephone: 0808 8020 133 Live Chat and Forum also available

<http://www.gamcare.org.uk/>

Gambling Therapy

Gambling Therapy is a global service offering free practical advice and emotional support to anyone affected by problem gambling.

E-mail support, Forum, Instant Messaging and Support Groups

<https://www.gamblingtherapy.org/en>

Loss

Let's Talk About Loss

A safe space to talk through taboos and address the reality of losing someone close to you when you are young.

<https://letstalkaboutloss.co.uk/>

NTU Chaplains

We offer support for anyone with a situation that might be worrying them – a decision you've made or need to make, general worries and anxiety, homesickness, loneliness, a relationship breakup, or a bereavement.

www.ntu.ac.uk/faith

NTU Student Support Advisor

If life events are having a negative impact on your studies, you can access school based support. Issues may include bereavement, pregnancy or being a victim of crime. We can also offer you support if you're thinking of leaving your course.

StudentSupportOfficers@ntu.ac.uk

Samaritans

We offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. Available round the clock, 24 hours a day, 365 days a year.

Call Freephone: 116 123

E-mail: jo@samaritans.org

Cruse

Cruse is here to support you after the death of someone close.

Call: 0808 808 1677

<https://www.cruse.org.uk/>