



## **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**

#### **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**

## **Mental Health & Wellbeing**

### **NTU Health & Wellbeing Support**

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

[www.ntu.ac.uk/wellbeing](http://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](http://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](http://www.insighthealthcare.org)

Call 0300 555 5580

E-mail [Notts@insighthealthcare.org](mailto:Notts@insighthealthcare.org)

### **Nottingham City Insight Healthcare 'NTU'**

Mondays & Fridays, 9-5.00pm, Clifton, Sunrise Medical Practice.

Refer students using either the [online form](#) or send an e-mail to:

[Afsha.ghafoor@insighthealthcare.org](mailto:Afsha.ghafoor@insighthealthcare.org)

### **Trent Psychological Therapies**

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

[www.trentpts.co.uk](http://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/](http://www.samaritans.org/)

Call free: 116 123

E-mail: [jo@samaritans.org](mailto:jo@samaritans.org)

### **KOOTH**

Award winning specialist on-line counselling service

[www.kooth.com](http://www.kooth.com)

### **Papyrus**

Specialist suicide service for young people

[www.papyrus-uk.org](http://www.papyrus-uk.org)

Ref:PDMECCV2 11/01/17

Call free: 0800 068 41 41  
E-mail: pat@papyrus-uk.org  
Text: 07786 209697

### **EDISS-First Steps**

Eating disorder service

Thursdays 5-7pm City, Newton, Consultation Room 7, 5-7pm Consultation Room 9

Fridays 9-4pm, Clifton, SSC, Rooms 084, Sunrise Medical Practice

'Meeting Room' Drop in and support and room 85 Counselling

No Brackenhurst session currently running

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

Please refer using the e-mail above or direct to:

EDISS Co-ordinator: [katy@firststepsnotts.co.uk](mailto:katy@firststepsnotts.co.uk)

City/Brackenhurst Campus Project officer: [holly@firststepsnotts.co.uk](mailto:holly@firststepsnotts.co.uk)

Clifton Campus Project Officer: [isabelle@firststepsderbyshire.co.uk](mailto:isabelle@firststepsderbyshire.co.uk)

[www.firststepsderbyshire.co.uk/](http://www.firststepsderbyshire.co.uk/)

E-mail: [info](mailto:info@firststepsnotts.co.uk) Please refer using the e-mail above or direct to:

EDISS Co-ordinator: [katy@firststepsnotts.co.uk](mailto:katy@firststepsnotts.co.uk)

City/Brackenhurst Campus Project officer: [holly@firststepsnotts.co.uk](mailto:holly@firststepsnotts.co.uk)

Clifton Campus Project Officer:

[isabelle@firststepsderbyshire.co.uk@firststepsnotts.co.uk](mailto:isabelle@firststepsderbyshire.co.uk@firststepsnotts.co.uk)

Call: 01332 367571

### **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 4-6pm, room 6, Newton (support sessions)

Thursdays 5-7pm, room 5, Newton (Initial screening and assessment)

### **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](http://www.nottinghamshirehealthcare.nhs.uk/nottingham-recovery-college)

NTU Wellbeing courses: [www.nottinghamshirehealthcare.nhs.uk/ntu-recovery-college](http://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/](http://www.metropolitan.org.uk/support-services/steps/)

Call 0203 535 5244

E-mail [steps@metropolitan.org.uk](mailto: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/](http://www.nextstepnetwork.info/)

To access the service;

Call 07564031761

E-mail: [enquiries@nextstepnetwork.org.uk](mailto:enquiries@nextstepnetwork.org.uk)

### **MUTED**

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

[www.muted.org.uk/](http://www.muted.org.uk/)

To access the service:

E-mail: [info@muted.org.uk](mailto: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:

[www.wellnessinmind.org](http://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

### **Turning Point 'Community'**

Offers guided self-help, CBT and EMDR, online platform that clients can log into to access their therapy tools/worksheets to help them.

Only for people living in Nottingham City.

Direct referral and self-referral can be made

<https://talking.turning-point.co.uk/nottinghamcity/>

Call: 0300 555 0456 (local rate)

E-mail: [nottingham.talking@turning-point.co.uk](mailto:nottingham.talking@turning-point.co.uk)

### **Turning Point 'NTU'**

Running support sessions at Sunrise Medical Practice

Tuesday & Wednesdays 9.00-5.00pm

Students can self-refer or book via reception

Call: 848 3100

## **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](mailto:colin@harmless.org.uk)

[www.harmless.org.uk/](http://www.harmless.org.uk/)

[info@harmless.org.uk](mailto:info@harmless.org.uk)

On-line form: [www.harmless.org.uk/contact](http://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](http://www.tomorrowproject.org.uk)

For referrals and support e-mail **[tomorrow@harmless.org.uk](mailto: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](mailto: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.

[www.hopesupport.org.uk/online-support.html](http://www.hopesupport.org.uk/online-support.html)

E-mail: [help@hopesupportservices.org.uk](mailto:help@hopesupportservices.org.uk)

Call: 01989 566317

Support Resource:



Student Pack.pdf

## **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](http://www.ntu.ac.uk/sustainability)

e-mail: [environment.team@ntu.ac.uk](mailto:environment.team@ntu.ac.uk)

## **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/](http://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](http://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](http://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](http://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](http://www.newark-sherwooddc.gov.uk/slc)

Call:01636 813000

## **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 [C-Card](#) (Free condom scheme) at Clifton and City. HIV Testing performed by Terrance Higgins Trust, Thursdays 12-3pm drop in.

### **The Health Shop**

Broad Street, Hockley NG1 3AL

Provides advice and support on any aspect of sexual health and drug use

[www.healthshopnottingham.co.uk/](http://www.healthshopnottingham.co.uk/)

Call: 905 5001

### **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/](http://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](mailto: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

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

[www.nottinghamshiresexualhealth.co.uk](http://www.nottinghamshiresexualhealth.co.uk)



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**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](http://www.equation.org.uk)

Call: 0115 9623 237

Helpline: 0808 800 0340.

E-mail: [info@equation.org.uk](mailto:info@equation.org.uk)

### **Nottingham Rape Crisis**

Provides support to males and females (aged 13+), who have experienced any form of sexual violence, whether recently or in the past.

[www.nottinghamrapecrisis.org.uk](http://www.nottinghamrapecrisis.org.uk)

Call: 0115 9410440

### **Topaz**

Provides a sensitive and dedicated service that meets the needs of victims of rape and serious sexual assault. You do NOT have to report to the police to access our service.

[www.topazcentre.org.uk](http://www.topazcentre.org.uk)

Call: Helpline 0845 600 15 88

E-mail: [support@topazcentre.org.uk](mailto:support@topazcentre.org.uk)

## **Alcohol**

[www.drinkaware.co.uk/](http://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](http://www.nottinghamrecoverynetwork.com)

Call: 0800 066 5362 or 0115-9709590

### **Sobar**

Nottingham's only alcohol free bar

[www.sobar-nottingham.co.uk](http://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](http://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 7, or as and when.

Clifton as and when

[www.nottinghamrecoverynetwork.com](http://www.nottinghamrecoverynetwork.com)

e-mail: [neil.brooks@FrameworkHA.org](mailto:neil.brooks@FrameworkHA.org)

Call 07920454921

## **Smoking**

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

[www.nhs.uk/smokefree?gclid=CM6P0tmwrdECFYMK0wodxPsM6Q](http://www.nhs.uk/smokefree?gclid=CM6P0tmwrdECFYMK0wodxPsM6Q)

### **New Leaf-Nottingham City**

<http://www.nottinghamcitycare.nhs.uk/new-leaf-stop-smoking-service/>

Call free: 0800 561 21 21

Text "NEW" to 80800 (also Free)

### **New Leaf – Nottinghamshire**

[www.stopsmokingwithnewleaf.co.uk](http://www.stopsmokingwithnewleaf.co.uk)

Call free: 0800 389 7712 or Local 01623 848868

or text LEAF to 80800

E-mail: [NewLeaf@nottshc.nhs.uk](mailto:NewLeaf@nottshc.nhs.uk)

**NTU Student Disability Support**

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

[www.ntu.ac.uk/disability](http://www.ntu.ac.uk/disability)

Call: 0115 848 2085

E-mail: [disability.admissions@ntu.ac.uk](mailto:disability.admissions@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](http://www.ntu.ac.uk/healthcentres)

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

Ref:PDMECCV2 11/01/17

**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](http://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](mailto:financial.support@ntu.ac.uk)



**Employability**

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

[www.ntu.ac.uk/employability](http://www.ntu.ac.uk/employability)

**NTSU Information & Advice Service**

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

[www.trentstudents.org/sac](http://www.trentstudents.org/sac)

Call: 8486 260

E-Mail: [sac@su.ntu.ac.uk](mailto: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/](http://www.meningitisnow.org/)

**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](http://www.nhs.uk/Services/clinics/Overview/DefaultView.aspx?id=96535)

Call: 883 8500 for more information