

# STUDENTS, FEELING THE PRESSURE?

# We are here to help

Being a student is sometimes stressful, and COVID-19 hasn't made it any easier. If you need some mental health support right now, help is at hand. You can talk to your GP or self-refer to one of our local services. Support is free and can be delivered remotely online and on the telephone.

Anyone who needs emotional support or information about what help is available locally can call the Nottinghamshire Mental Health Helpline on **0300 555 0730** (open 9am-11pm 7 days a week)  
<https://www.turning-point.co.uk/services/nottingham-helpline>

If you need urgent care but you are not in a life-threatening situation, you can call NHS **111** (open 24/7)

If you are experiencing a mental health crisis, call the 24/7 Nottingham and Nottinghamshire Mental Health Crisis line on **0808 196 3779**. The crisis line is operated by local health workers, who will help you to get the right support

If you have injured yourself seriously or tried to end your life, or are actively thinking of ending your life now and are at immediate risk of harm, call **999** for an ambulance

## Other services and support:

### Harmless

#### Support for self-harm

A self-harm service that provides clinical support and clinical interventions for those that are at risk of self-harm and/or experience recurrent suicidal thoughts. Support for people of all ages with practical and emotional support, or long/short-term therapy. Based in Nottinghamshire - Referral line **0115 880 0280**, or [info@harmless.org.uk](mailto:info@harmless.org.uk)

### The Tomorrow Project

#### Support for suicidal thoughts/crisis

Short-term practical and emotional support, based in Nottinghamshire - Referral line **0115 880 0282**, or [crisis@tomorrowproject.org.uk](mailto:crisis@tomorrowproject.org.uk), open Monday to Friday (except bank holidays) 9am-5pm.

Suicide crisis text support service - open on Mondays 1-4pm, Wednesdays 3-7pm and Fridays 1-4pm **0780 000 2606**

#### Support for people who've been exposed to suicide

(friends, family members, colleagues, professionals, members of the public - anyone) Referral line **0115 880 0280**, or [bereavement@tomorrowproject.org.uk](mailto:bereavement@tomorrowproject.org.uk)

### Base 51

Emotional health and wellbeing services for 12-25 year olds who live in Nottingham City or County South

Young people do not need a referral to access this service. For further information please phone or email.

Phone: **0115 952 5040**

Email: [counselling@base51.org.uk](mailto:counselling@base51.org.uk)

Website: [www.base51.org](http://www.base51.org)

### Kooth

Support for 10-25 year olds who want to talk to a mental health professional online, anonymously and free

You can register directly through [www.kooth.com](http://www.kooth.com). Alternatively you can email: [contact@xenzone.com](mailto:contact@xenzone.com)

### Insight Healthcare

Talking/psychological therapies for anxiety, depression, stress, trauma and other conditions

[www.insighthealthcare.org/our-services/talking-therapies/find-a-service/](http://www.insighthealthcare.org/our-services/talking-therapies/find-a-service/), email:

[east.midlands@insighthealthcare.org](mailto:east.midlands@insighthealthcare.org), phone: **0300 555 5582**

### Let's Talk Wellbeing

Talking/psychological therapies for anxiety, depression, stress, trauma and other conditions

[www.nottinghamshirehealthcare.nhs.uk/nottingham-city-and-county](http://www.nottinghamshirehealthcare.nhs.uk/nottingham-city-and-county).

Phone: **0300 300 2200**

### Trent PTS

Talking/psychological therapies for anxiety, depression, stress, trauma and other conditions

<https://www.trentpts.co.uk/self-referral/>

Email: [enquiries@trentpts.co.uk](mailto:enquiries@trentpts.co.uk)

Phone: **0115 896 3160**

### Talkzone Counselling Service

Free and confidential one-to-one counselling for children and young people in Bassetlaw, aged 11-25.

Young people aged 13 or over can self-refer. Referrals for anyone under the age of 13 need to be made by someone aged 18 or over. Referrals can be made directly via the website.

Website: [www.talkzone.org.uk](http://www.talkzone.org.uk)

Phone: **01909 530943**

Text: **07368 323945**

## Other services and support continued:

**Nottingham Trent University health and wellbeing**  
[www.ntu.ac.uk/studenthub/student-help-advice-and-services/health-and-wellbeing](http://www.ntu.ac.uk/studenthub/student-help-advice-and-services/health-and-wellbeing)

**University of Nottingham health and wellbeing**  
[www.nottingham.ac.uk/currentstudents/healthy/mental-health/bodymind.aspx](http://www.nottingham.ac.uk/currentstudents/healthy/mental-health/bodymind.aspx)

### Student Space

Student Space is here for you through the Coronavirus pandemic. However you're feeling, help and guidance is available. Explore a range of trusted information, services and tools to help you with the challenges of student life on the Student Space website:  
<https://studentspace.org.uk/>

### SHOUT

Shout is a 24/7 UK crisis text service available for times when people feel they need immediate support.  
Text SHOUT to 85258 (open 24/7).

### Samaritans

Whatever you're going through, a Samaritan will face it with you, 24 hours a day, 365 days a year.  
Call 116 123.

### CALM

Campaign Against Living Miserably run a free and confidential helpline and webchat  
[www.thecalmzone.net/help/get-help/](http://www.thecalmzone.net/help/get-help/)  
7 hours a day, 7 days a week for anyone who needs to talk.  
CALM challenges stereotypes and stigma, particularly for men and LGBTQ+ who may be struggling with life.

### The Mix

The Mix support service for children and young people.  
[www.themix.org.uk/get-support](http://www.themix.org.uk/get-support)  
(Phone, webchat, or email service for those aged 25 or under).  
Coronavirus: Tips & Information for young people:  
[www.themix.org.uk/coronavirus-support](http://www.themix.org.uk/coronavirus-support)

### HopelineUK

HopelineUK for children and young people.  
<https://papyrus-uk.org/hopelineuk/>  
If you are having thoughts of suicide or are concerned for a young person who might be you can contact HopelineUK for confidential support and practical advice.  
Call: 0800 068 4141. Text: 07860 039967.  
Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)  
9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays.

### The Grief Line

A dedicated service for those who need immediate support following bereavement.  
Call 0800 111 4451, lines are open 8am to 8pm every day and answerphone out of hours. If it is an emergency and immediate help is required, contact the emergency services on 999.

### Stay Alive App

The free Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. The app also includes a safety plan, customisable reasons for living, and a LifeBox where you can store photos and memories that are important to you. There are strategies for staying safe and tips on how to stay grounded when you're feeling overwhelmed. There are guided-breathing exercises and you can create your own interactive Wellness Plan.  
To find out more and to download the app visit: **Stay alive app**

**Child and Adolescent Mental Health Services (CAMHS) is the part of the NHS which helps children and young people who have problems with their thoughts or feelings. CAMHS can help until you are 18.** If you are 12-18 you can refer yourself into this service. If you are under 12, speak to your GP and, if appropriate they will refer you.

### Targeted CAMHS

Support for up to 18 year olds with moderate emotional and/or mental health needs who live in Nottingham City  
For more information,  
Call: 0115 876 4000,  
Text: 0786 000 213,  
Email: [cypbehm@nottinghamcity.gov.uk](mailto:cypbehm@nottinghamcity.gov.uk)

### CAMHS Crisis Resolution & Home Treatment

Support for up to 18 year olds experiencing a mental health crisis  
For more information about the service and how to access please phone or visit the website.  
Phone: 0115 854 2299 or 0115 844 0560  
Website: [nottinghamshirehealthcare.nhs.uk/camhs-crisis-team](http://nottinghamshirehealthcare.nhs.uk/camhs-crisis-team)

### Specialist CAMHS

Support for up to 18 year olds with severe / complex emotional and mental health difficulties who live in Nottingham City  
For more information about the service and how to access please phone or visit the website.  
Phone: 0115 876 4000  
Email: [cypbehm@nottinghamcity.gov.uk](mailto:cypbehm@nottinghamcity.gov.uk)

### County Community CAMHS

Support for up to 18 year olds who are experiencing mild to complex emotional and mental health difficulties living in Nottinghamshire County  
For more information about the service and how to access please phone or visit the website. Phone: 0115 854 2299  
Website: [nottinghamshirehealthcare.nhs.uk/camhs-young-people](http://nottinghamshirehealthcare.nhs.uk/camhs-young-people)

### SHARP

**(Self-Harm Awareness Project)**  
support for up to 18 year olds with self-harm and/or suicidal thoughts and behaviours who live in Nottingham City  
For more information,  
Phone: 0115 876 4000,  
Text: 0786 000 213,  
Email: [cypbehm@nottinghamcity.gov.uk](mailto:cypbehm@nottinghamcity.gov.uk)  
Website:  
[eduserve.co.uk/additional-needs/sharp-self-harm-awareness-and-resource-project/about-sharp/](http://eduserve.co.uk/additional-needs/sharp-self-harm-awareness-and-resource-project/about-sharp/)

### Young Minds

Text "YM" to 85258 if you're under 19 for support from Young Minds.  
If you're under 19, you can also call 0800 1111 to talk to Childline on their 24 hours helpline. The number will not appear on your phone bill.

