**Distress Protocol Help Services for Staff Members**

Please note that the University cannot specifically recommend any of the below services, but the following is simply a list of some support services available that we hope can be of some use:

* The University of Manchester Counselling Service can be accessed at [**http://www.counsellingservice.manchester.ac.uk/**](http://www.counsellingservice.manchester.ac.uk/)for information about booking an appointment, getting support for a family member/friend of yours, and to access online support and helpful resources.
* The Staff [**Disability Advisory Support Service**](https://www.staffnet.manchester.ac.uk/disabled-staff-support/)provides information about what support is available to you as a disabled staff member. For this, please visit: [**https://www.staffnet.manchester.ac.uk/disabled-staff-support/**](https://www.staffnet.manchester.ac.uk/disabled-staff-support/).
* A document with a list of available **University First Aiders** can be found on StaffNet here: [**http://documents.manchester.ac.uk/display.aspx?DocID=11029**](http://documents.manchester.ac.uk/display.aspx?DocID=11029).
* To contact the **Security Control Room** 24/7, please call **0161 306 9966.**
* For support with religious issues, contact the Multi-Faith Chaplaincy on Campus, **St Peter’s House,** online at [**https://www.stpeters.org.uk/contact-us/**](https://www.stpeters.org.uk/contact-us/) or pop in on Oxford Road.
* For **Harassment support** on campus, please visit [**https://www.staffnet.manchester.ac.uk/equality-and-diversity/bhd/harassment-support-advisors/**](https://www.staffnet.manchester.ac.uk/equality-and-diversity/bhd/harassment-support-advisors/)**.**
* **Occupational Health Services** provides confidential services to protect the health of staff and students, assessing and advising on fitness for work, training and study, so as to ensure that health issues are effectively managed. Please visit [**http://www.occhealth.manchester.ac.uk/**](http://www.occhealth.manchester.ac.uk/)**.**
* The University provides **free online programmes** for people who have low-level anxiety and depression. For more information, visit [**http://www.staffnet.manchester.ac.uk/personalsupport/counselling/self-help/**](http://www.staffnet.manchester.ac.uk/personalsupport/counselling/self-help/).
* **Groups, courses and workshops** within the University are available for a variety of psychological difficulties including anxiety and depression. Please visit, [**http://www.staffnet.manchester.ac.uk/personalsupport/counselling/courses/**](http://www.staffnet.manchester.ac.uk/personalsupport/counselling/courses/).

**For a list of further support services outside the University, please see our helpful document using the following link:** [**http://documents.manchester.ac.uk/display.aspx?DocID=46244**](http://documents.manchester.ac.uk/display.aspx?DocID=46244)**.**