

MANCHESTER  
1824

The University of Manchester



# c♥mpassionate colleague

supporting positive mental health at  
The University of Manchester



# **c♥mpassionate** colleagues...

- 1. Are aware**
- 2. Ask**
- 3. Listen**
- 4. Signpost**
- 5. Encourage**

**And finally...  
they keep it confidential**



## Signposting people to support

### At UoM

- **Counselling services**

[www.counsellingservice.manchester.ac.uk/](http://www.counsellingservice.manchester.ac.uk/)

- **Counselling services workshops for staff**

[www.counsellingservice.manchester.ac.uk/workshops/](http://www.counsellingservice.manchester.ac.uk/workshops/)

- **Wellbeing Support StaffNet pages**

[www.staffnet.manchester.ac.uk/wellbeing/](http://www.staffnet.manchester.ac.uk/wellbeing/)

- **Employee Assistance Programme and 247 helpline**

[www.staffnet.manchester.ac.uk/wellbeing/mental-health/](http://www.staffnet.manchester.ac.uk/wellbeing/mental-health/)

- **Togetherall**

<https://togetherall.com/en-gb/>

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## In an emergency or crisis:

- **Go straight to the local A&E**
- **The Samaritans are available 24/7 on 116 123**
  - **Shout offer text support. Text: 85258**
- **In an emergency, call 999 and ask for an ambulance.**

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**Remember – mental health emergencies are serious.  
You are not wasting anyone's time.**

## **Having the conversation.**

**If you notice someone  
who might be struggling,  
tell them that you have noticed.**

### **Ask:**

- How are you?**
- How you feeling?**
- What support do you need?**
- What challenges are you dealing with?**
- Do you know where you can get  
information and support?**

