MANCHESTER 1824

The University of Manchester



# We are here

If you are struggling with your mental health or have another support or welfare need please consider the support services internal and external to the University.

# Support available to you across the University

**The Mental Health Support Team**
**www.mental healthsupport.manchester.ac.uk**
Offer a range interventions to support mental health including 1-1 appointments, workshops, groups and self-help resources.
Tel: 0161 275 2864
9.00am-4.30pm

**Advice and Response**
**www.studentsupport.manchester.ac.uk/advice-and-response**
Specialist support for students involved in an incident, and guidance for colleagues supporting students experiencing a range of challenging circumstances such as allegations of sexual misconduct, harassment and hate. To log incidents of unacceptable behaviour go to:
**www.reportandsupport.manchester.ac.uk**

**Disability Advisory and Support Service (DASS)**
**www.dass.manchester.ac.uk**
Provide practical support to identify the adjustments you need to enable you to succeed in your studies, work, and the rest of your University experience.

**ResLife**
**www.accommodation.manchester.ac.uk/reslife**
Provide support and guidance throughout your stay in Halls, whether you encounter an issue which relates to your accommodation, your academics, your safety or your personal life.

**Live Web Chat**
**www.studentsupport.manchester.ac.uk/taking-care**
Chat with a wellbeing advisor available between 11am-12pm and 3-4pm Monday-Friday.

**Students' Union**
**www.manchesterstudentsunion.com/advice**
Can provide you with support on questions, worries or concerns you might have around academics, finances, wellbeing or housing.

**Spectrum.Life (in partnership with UoM)**
For advice on mental health and wellbeing.
Students can access in-the-moment support with trained counsellors and advisors who are ready to listen whenever you need it. It's a confidential, non-judgmental and free 24 hours a day, 365 days a year.
Freephone: **0800 031 8227**
Download the spectrum.life app or access the Wellbeing Portal: **app.spectrum.life/login**
Using **UOMWELL** organisation code.



**Safezone App**
**www.studentsupport.manchester.ac.uk/uni-services-az**
Allows students and staff to report concerns, contact security, and ‘check-in’ to support contact tracing when on campus.

**Other University support**
**www.studentsupport.manchester.ac.uk**
For further information about support services provided by the University, including advice on financial matters, accommodation and your own school support office.

# External services available outside of the University

If you need urgent and immediate help, please call 999 or attend your local A&E. There will be specialist mental health support on site to help you.

**NHS Urgent Mental Health Support Helpline**
**111.nhs.uk**
**Please note 111 online only works in England.**
**Freephone: 111**



**The Samaritans 24/7 Helpline**
**www.samaritans.org**
Freephone: 116 123

**Students Against Depression**
**www.studentdepression.org**
Offers self-help strategies for tackling depression.

**Campus Security**
If you are on campus, you can call campus security. 0161 306 9966.





# You don’t have to do this on your own

Accessing the right support: If you are unsure what support you need please scan QR code to see the Support Wheel for guidance on this.