

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 support services internal and external to the university.

## **Support available to you across the University**

**The Mental Health Support Team** Short-term Counselling | Groups & Workshops | Social Prescribing | Assessment & Referral Weekdays, 9am-5pm. Offer a range interventions to support mental health including 1-1 appointments, workshops, groups and self-help resources. For more info go to: **[www.mentalhealthsupport.manchester.ac.uk](http://www.mentalhealthsupport.manchester.ac.uk)** Tel: 0161 275 2864 (9.30am-4.30pm)

### **Advice and Response**

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

Specialist support to all 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](http://www.reportandsupport.manchester.ac.uk)**

## **Disability Advisory and Support Service (DASS)**

**[www.dass.manchester.ac.uk](http://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](http://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** with a wellbeing advisor available between 11am-12pm and 3-4pm Monday-Friday:

**[www.studentsupport.manchester.ac.uk/taking-care](http://www.studentsupport.manchester.ac.uk/taking-care)**

## **Students' Union**

**[www.manchesterstudentsunion.com/advice](http://www.manchesterstudentsunion.com/advice)** Can provide you with support on any questions, worries or concerns you might have around academics, finances, well-being or housing.

## **Spectrum.Life (in partnership with UoM)**

Free 24 hour helpline offering confidential help and support from trained counsellors and advisors. Advice and support can be provided on mental health and wellbeing.

Call Freephone: **0800 031 8227** / download the spectrum.life app and access the Wellbeing Portal: **[app.spectrum.life/login](https://app.spectrum.life/login)** using **UOMWELL** organisation code.



## **Safezone App**

Allows students and staff to report concerns, contact security, and 'check-in' to support contact tracing when on campus.

**[www.welcome.manchester.ac.uk/get-ready/health-wellbeing-safety/safezone](http://www.welcome.manchester.ac.uk/get-ready/health-wellbeing-safety/safezone)**

## **Other University support**

For further information about support services provided by the University, including advice on financial matters, accommodation and your own school support office, visit:

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

## External services available outside of the University

### **Greater Manchester Mental Health NHS Crisis Line**

24 hours

0800 953 0285



**The Samaritans** 24 hours

**[www.samaritans.org](http://www.samaritans.org)** Call **116 123** or

email [jo@samaritans.org](mailto:jo@samaritans.org)

### **Papyrus (Prevention of Young Suicide) Hopeline UK**

Everyday, 9am–12am **[www.papyrus-uk.org/](http://www.papyrus-uk.org/)** Call

0800 068 4141 or email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

## **Students Against Depression**

**[www.studentdepression.org](http://www.studentdepression.org)**

Offers self-help strategies for tackling depression.

## **NHS Direct**

For urgent medical help, use the NHS 111 online service, or call **111** if you are unable to get help online.

## **Urgent Support**

If you need urgent help and do not think think you can keep yourself safe, please call 999 or attend your local A&E. There will be specialist mental health support on site to help you.

## **Campus Security**

If you are on campus please consider calling 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.