



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 University Counselling & Mental Health Service

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.counsellingservice.manchester.ac.uk

Tel: 0161 275 2864 (9.30am-4.30pm)



Advice and Response

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

Disability Advisory and Support Service (DASS)

www.dso.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.

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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.

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Live Web Chat with a wellbeing advisor available between 11am-12pm and 3-4pm Monday-Friday:

www.studentsupport.manchester.ac.uk/taking-care/

Students' Union

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.

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Health Assured (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, stress and a range of financial, personal and legal matters. Call 0800 028 3766 / download the My Healthy Advantage App and Wellbeing Portal:

www.healthassured.org



Safezone App

Allows students and staff to report concerns, get advice about COVID-19, contact security, and 'check-in' to support contact tracing when on campus.

www.studentsupport.manchester.ac.uk/uni-services-az/

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Togetherall (in partnership with UoM)

A free, safe online community where people support each other anonymously to improve mental health and wellbeing.

www.togetherall.com/en-gb/

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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/

External services available outside of the University

Greater Manchester Mental Health NHS Crisis Line

24 hours

0800 953 0285

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The Samaritans

24 hours

www.samaritans.org

Call 116 123 or email jo@samaritans.org

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Papyrus (Prevention of Young Suicide) Hopeline UK

Everyday, 9am–12am

www.papyrus-uk.org/

Call 0800 068 4141 or email pat@papyrus-uk.org



Students Against Depression

www.studentdepression.org

Offers self-help strategies for tackling depression.

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NHS Direct

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

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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.

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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.



Accessible format link