

University Park Campus Wellbeing Map

This map was created to help you...

Keep active:

Making sure you keep active is good for your physical health and improves your mood.

- 1 Sports Centre
- 2 Swimming Pool
- Footpath
- - - Active Trail
- ▲ Active Trail Excercise Point
- Gardens
- Green Spaces

Take time out:

Time away from your studies is good for the mind and keeping things in perspective.

- 1 Theatre
- 2 Museum
- 3 Djanogly Arts Centre
- 4 Lakeside Arts Centre
- 5 Mini Golf
- 6 Boating Lake boats
- 7 Bookshop

Find support:

We all experience times when need extra support.

- 1 Cripps Health Centre
- 2 Security
- 3 Counselling
- 4 Student Union Advice
- 5 Student Service Centre UP Central
- 6 Student Service Centre UP East
- 7 Student Service Centre Medical School
- 8 Chaplaincy
- 9 Disability Support
- 10 Immigration & Visa Support

Take a break:

Eat healthily and remember to stay hydrated.

- ☺ Cafes/Food Outlets



Being at university can be exciting but there may be times when you struggle with the demands of studying or life in general. Here is a list of services that can help support you.

Support and Wellbeing Team

They work alongside personal tutors, supervisors, and other university services to provide practical advice on a wide range of issues. They can help you find the right service and advise on policies and processes.

 nottingham.ac.uk/go/support-wellbeing

The Residential Experience (ResX) Team

They provide wellbeing support and promote positive community behaviour within halls of residence and partnership accommodation sites.

 resx@nottingham.ac.uk

Off-Campus Student Affairs Team

Students living in non-university accommodation receive pastoral care and support from them.

 nottingham.ac.uk/go/off-campus-student-affairs

University Security Service

Contact if you or a friend is at risk of harm.

 **0115 951 3013**
In an emergency: **0115 951 8888**.


Cripps Health Centre

The **GP** will decide what kind of support may be required and can make a referral onto a specialist service.

 **0115 846 8888**

Chaplaincy and Faith Support

Whatever your background or faith, University chaplains offer spiritual and pastoral support.

 **0115 951 3931**

 nottingham.ac.uk/chaplaincy

Disability Support Services

Supports students with a disability, mental health difficulty, long-term medical condition, autistic spectrum condition, or a specific learning difference.

 **0115 823 2070**

 nottingham.ac.uk/go/disability-support

University Counselling Service

Provide one-to-one support for staff and students. They also run groups and workshops.

 **0115 951 3685**


 nottingham.ac.uk/counselling

The University Mental Health Team

Help for students with significant mental health problems or students who are in crisis. To access this service, you need to be referred by a member of university staff, GP or the NHS.

Students' Union Support


Students' Union Advice offers information and representation on all aspects of student welfare and education, such as financial, housing and course issues.

 **0115 846 8730**

 SUAdvice@nottingham.ac.uk

Nightline

A student run service providing a confidential listening and information service.

 **0115 951 4985**

 nightlineanon@nottingham.ac.uk

Positive Minds

A student-run service providing support to students with low mood, depression or anxiety.

 positivenottingham@studentminds.org.uk