



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:

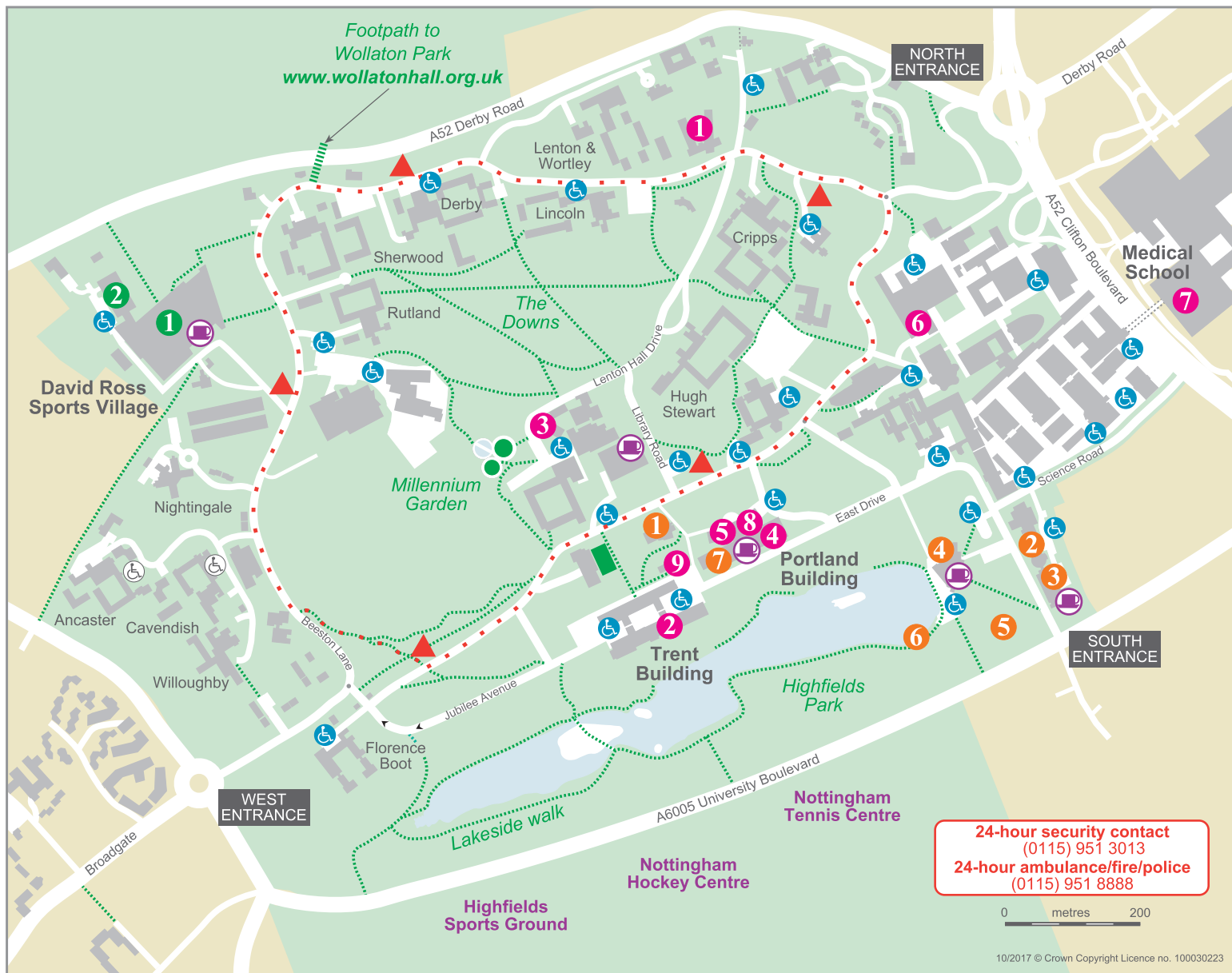
We all experience times when need extra support.

- 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

Take a break:

Eat healthily and remember to stay hydrated.

- Cafes/Food Outlets



24-hour security contact
(0115) 951 3013
24-hour ambulance/fire/police
(0115) 951 8888

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 Service

Based in academic Schools and Departments and are the first point of contact for students seeking wellbeing support. The team offer practical advice and guidance and can help you find the right support service.

 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

University Security Service

If you are concerned for yourself or a friend.

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

Report and support

If you or someone you know has experienced or witnessed an incident.

 reportandsupport.nottingham.ac.uk

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

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.

 **0115 951 4985**

 nightlineanon@nottingham.ac.uk

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