



University of
Nottingham

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Wellbeing support at the University

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HealthyU



Being at university can be exciting but there may be times when you struggle with the demands of studying or life in general. Overleaf is a list of people and places that can help support you during your time at the University of Nottingham.

nottingham.ac.uk/go/healthyu



Within schools

Personal Tutors provide one-to-one support and play an important part in identifying and supporting students who are struggling. Every student is assigned a personal tutor. Personal tutors work closely with Support and Wellbeing Officers.

Where you live

University halls of residence have a **Warden and Resident Tutor team** who provide key welfare support.

The Off Campus Student Affairs team work with local partners to provide support to students living in the community:
nottingham.ac.uk/yourcommunity

University Security Service is available if a student is concerned for themselves or a friend.
0115 951 3013 or in an emergency 0115 951 8888

Student Services

Support and Wellbeing Officers work alongside personal tutors, supervisors, and other University support services. They encourage a healthy approach to your studies and provide practical advice, help and support on a wide range of issues.

They can help you find the right support service if you are unsure where to go. They also offer advice on policies and processes relating to your studies such as extenuating circumstances or interruption of studies.

Support and wellbeing Service:
nottingham.ac.uk/go/support-wellbeing

Disability Support Service
Support you if you have a disability, mental health difficulty, long-term medical condition, autistic spectrum condition, or a specific learning difference such as dyslexia, dyspraxia, dyscalculia or ADHD. **0115 82 32070**
nottingham.ac.uk/go/disability-support

Funding and Financial Support
Will discuss the options available for students facing an unexpected financial hardship.
0115 823 2071
nottingham.ac.uk/financialsupport

Other help and support

General Practitioner (GP, Doctor)
The GP will decide what kind of support may be required and can make a referral onto a specialist service.

Cripps Health Centre: 0115 846 8888
Orchard Practice, Kegworth: 01509 672 419

Chaplaincy and Faith Support
Whatever your background or faith, University chaplains offer spiritual and pastoral support.
0115 951 3931
nottingham.ac.uk/chaplaincy

Students' Union Support

Students' Union Advice can help students with information, advice and representation around all aspects of student welfare and education, such as financial, housing and course issues.
0115 846 8730
SUAdvice@nottingham.ac.uk
su.nottingham.ac.uk/advice

Nightline is a student-run service providing confidential listening and information.
0115 951 4985
nightlineanon@nottingham.ac.uk
nottinghamnightline.co.uk

Positive Minds is a student-run service providing a free and inclusive six week programme to support students who may have low mood, depression or anxiety.
positivenottingham@studentminds.org.uk

Specialist support at the University

University Counselling Service provides free one to one support for students and staff. They also run a range of groups and workshops.
0115 951 3695
nottingham.ac.uk/counselling

Sometimes students are referred to the **University Mental Health team**, who support students with significant mental health problems or students who are in crisis. To access this service students need to be referred by a member of University staff, GP or the NHS.

For information about health and wellbeing:
nottingham.ac.uk/go/healthyu