




University of
Nottingham

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Wellbeing support at the University

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HealthyU

A high-quality photograph of a single water droplet falling into a pool of water, creating a series of concentric ripples. The droplet is captured mid-fall, just above the surface, and is highly reflective, showing a bright highlight. The ripples are also highly reflective, creating a shimmering effect. The background is a soft, light blue gradient.

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/currentstudents/healthyu



Within schools

Personal Tutors provide one-to-one support and play an important part in identifying and supporting students who are struggling. Every school also has a **Support and Wellbeing Officer** who can support with significant or complex issues. Support and Wellbeing Officers have current knowledge of University specialist services and can refer students onwards as needed.

School Support and Wellbeing Officers:
nottingham.ac.uk/student-services/services/support-and-wellbeing-officers.aspx

Where you live

University halls of residence have a **Warden and Resident Tutor team** who provide key welfare support. This pastoral care extends into the community where students in other accommodation receive support from our **Off Campus Student Affairs team**:
nottingham.ac.uk/currentstudents/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

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**

Chaplaincy and Faith Support

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

Funding and Financial Support

Able to discuss the support available for students facing an unexpected financial hardship.
0115 823 2071
nottingham.ac.uk/student-services/support/financialsupport

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

Nightline is a student-run service providing confidential listening and information.

0115 951 4985
nightlineanon@nottingham.ac.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

Accessibility team provides specialist advice and support for students who consider themselves to be disabled.

0115 823 2070
nottingham.ac.uk/go/disability-support
or nottingham.ac.uk/go/acadsupport

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/currentstudents/healthyu