



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

Your assigned **personal tutor** plays an important part in identifying and supporting students who are struggling. The Support and Wellbeing Team 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.

Support and Wellbeing Service

nottingham.ac.uk/go/support-wellbeing

Where you live

The **Residential Experience (ResX) team** consists of full-time staff, supported by student residential assistants, who provide wellbeing support and promote positive community behaviour within halls of residence and partnership accommodation sites. You can contact the ResX Team as part of the University's 24/7 residential support, by emailing resx@nottingham.ac.uk

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 you are concerned for yourself or a friend.
0115 951 3013 or in an emergency 0115 951 8888

Togetherall

Is a digital mental health service free to University of Nottingham staff and students. Members can share thoughts and feelings, ask questions and access support 24 hours a day, 365 days a year. Register with your academic email address. togetherall.com/en-gb/

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

General Practitioner (GP, Doctor)

Your 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 you 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 you need to be referred by a member of university staff, GP or the NHS.

For information about health and wellbeing:

nottingham.ac.uk/go/healthy