

# MENTAL HEALTH SUPPORT

## SUPPORT & ADVICE FOR STUDENTS

### LOCAL SUPPORT ORGANISATIONS



The University of Plymouth's Student Hub offers support to all their students, allowing you to speak to them in confidence about anything non-academic related. You can book an appointment, give them a call, or just drop by!



The University of Plymouth offer a Night Patrol supporting the safety and wellbeing of all students after hours. You can call them on 07876103314 if you have concerns about yourself, a friend's, or a stranger's wellbeing during the night.



The NHS Crisis Team for Plymouth are available 24/7 to provide support to those suffering from mental illness and to help in urgent situations. You can call them on 08009239323.

In emergency situations, remember to call 999 or 111.



### NATIONWIDE SUPPORT ORGANISATIONS

#### FOR STUDENTS & YOUNG PEOPLE



Call: 0800 068 41 41  
Hopeline UK: 07860 039967 a free confidential support service for young people under 35 experiencing suicidal thoughts, 9am – 12am, 365 days a year.



#### Hub of Hope

Helps you to instantly find local and tailored information to support your mental health & wellbeing during University.



The UK's student mental health charity. Empowering students and members of the university community to look after their own mental health, support others and create change.



### YOUNGMINDS

Young Minds provide informative mental health advice and support for young people, focusing on inclusivity and diversity.



BE KIND  
to yourself



# NATIONWIDE SUPPORT ORGANISATIONS

FOR ANYONE IN NEED

every mind matters

NHS Every Mind Matters provides support advice and guidance in partnership with Public Health England and the NHS.



SAMARITANS

Call: 116 123 for free (open 24 hrs a day, 365 days a year)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)



CAMPAIGN AGAINST LIVING MISERABLY

The Campaign Against Living Miserably (CALM) is a charity providing a mental health helpline and website. The website offers practical advice for anyone struggling with their mental health and for those who are worried about someone else, also offering support after a suicide. There is also a webchat function.

Call: 0800 58 58 58 (open 5pm – midnight, 365 days a year)



mind

A mental health charity in England and Wales supporting children, young adults and adults with their mental health and wellbeing. The telephone services aims at providing an information and signposting service.

Call: 0300 123 3393 (9am – 6pm, Mon – Fri)

Email: [info@mind.org.uk](mailto:info@mind.org.uk)



CRISIS TEXT LINE |

Shout 85258 is a free, confidential mental health text support service for anyone in the UK who is struggling to cope. They can help with a range of issues including depression, anxiety, suicidal thoughts, relationship problems, bullying or feeling overwhelmed.

For urgent help text: SHOUT to 85258 (open 24hrs a day, 365 days a year) for support from a trained Crisis Volunteer.

