

MENTAL HEALTH SUPPORT

SUPPORT & ADVICE FOR STUDENTS

LOCAL SUPPORT ORGANISATIONS



Anglia Ruskin University

Student Services is made up of different specialist teams who will give you all the support you might need, including support with your wellbeing, help with managing your money, preparing for work, study skills and more. You can contact them by email at icentre@aru.ac.uk.



CPSL Mind provides information, advice and support for people living with mental health problems or depression.

Phone: 0300 303 4363
Email: enquiries@cpslmind.org.uk



UNIVERSITY OF CAMBRIDGE

Wellbeing support services can be found for Cambridge University students by scanning this QR code and logging into your student account.



TAP OR

SCAN HERE



NATIONWIDE SUPPORT ORGANISATIONS

FOR STUDENTS & YOUNG PEOPLE



PAPYRUS
PREVENTION OF YOUNG SUICIDE

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.



TAP OR

SCAN HERE



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.



TAP OR

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YOUNGMINDS

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



TAP OR

SCAN HERE

BE KIND
to yourself



cambridge@studentcastle.co.uk | 03333 441655

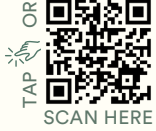


NATIONWIDE SUPPORT ORGANISATIONS

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



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



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.

