

MENTAL HEALTH SUPPORT

SUPPORT & ADVICE FOR STUDENTS

LOCAL SUPPORT ORGANISATIONS



The University of Lincoln consider taking care of your mental health to be just as important as your physical health, so they have put together a number of resources to help you to help yourself if you are struggling.

Student Wellbeing Centre

The University of Lincoln provides a wellbeing service to provide support to students throughout their studies.

Call them on 01522 886 400.



The NHS crisis team for Lincoln are on hand 24/7 to answer any urgent crisis calls. If you are struggling, you can call them on 0800 0516 171.



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.

student minds

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.



lincoln@studentcastle.co.uk | 01522 931029



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.

