

MENTAL HEALTH SUPPORT

SUPPORT & ADVICE FOR STUDENTS

LOCAL SUPPORT ORGANISATIONS



Oxford Counselling Centre has a wide range of therapies, including Counselling and Coaching, to suit your needs. You can drop by at: The Old Music Hall, 106-108 Cowley Road, Oxford, OX4 1JE, phone them on 01865 403221 or send them an email at enquiries@oxfordcounsellingcentre.com



Overcoming Anxiety & Depression Together

TalkingSpace Plus work actively with people struggling with depression and anxiety, helping them move forward and recover using psychological therapies that work.



Oxford Safe Haven

Call Oxford Safe Haven if you experience a mental health crisis at the weekend. They offer crisis support seven days a week (6pm-10pm) and can be reached on 01865 903 037.



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



oxford@studentcastle.co.uk | 03333 444 907



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.

