**University of Wolverhampton Mental Health and Wellbeing Sign Posting List**

This list has been put together to provide students with a bank of support for external sources of support. Support from one of these organisations might be needed when the SU or University does not provide the specialised support needed.

Students are welcome to come to us when they need mental health and wellbeing support, and we will be happy to help them get in touch with the support they need.

**Support for General Mental Health**

There is a whole host of support available to support with mental health concerns or worries. The university has there own mental health and wellbeing team which you can self-refer in to via their website, but here are some external sources of support.

 **Support based in Wolverhampton:**

**Wolverhampton and Walsall Talking therapies**

NHS Talking Therapies for Anxiety and Depression offer brief psychological therapy for people experiencing common mental health problems including anxiety, depression, stress and low mood.

You are welcome to self-refer and after they receive your referral, they have a look at the problems you have shared and contact you to arrange an assessment appointment. This will be via text message where you will be asked to go online to book an appointment, or by calling you on the number you provided.

Website:  <https://www.blackcountryhealthcare.nhs.uk/talking-therapies>
Phone: 0800 923 0222

**Wolves Foundation Head4Health**

Head 4 Health is a Premier League and Professional Footballers Association funded project with additional funding from City of Wolverhampton Council.

The project aims to improve the mental well-being of adults through informal but educational workshops and physical activity. Head 4 Health is for any adult who is over 18 and wishes to improve their well-being.

Head4Health sessions involve mental health and wellbeing group workshops as well as physical activity such as women’s and men’s casual football teams.

Email: healthadmin@wolves.co.uk
Phone: 07971 900257.

**Support that is UK Wide:**

**Mind**

Mind is an organisation which offers free mental health and wellbeing information and support online on a vast range of issues and concerns. For example, Mind offer guides on different kind of mental health problems as well as information on how to support someone else who is struggling. Mind also have a range of tips and ideas for people struggling with mental health, such as the connection between food, exercise, money and our mood.

Website: <https://www.mind.org.uk/information-support/>
Phone: 0300 102 1234
Live Chat is also available on their website.

**SHOUT**

Shout is the UK's first and only free, confidential, 24/7 text messaging service for anyone who is struggling to cope. They have taken more than two million conversations with people who are sad, worried, lonely or suicidal and who need urgent, in-the-moment support.

To start a conversation, text the word 'Shout' to 85258. Trained Shout Volunteers are there to listen at any time of day or night and messages won't appear on your phone bill.

Website: <https://giveusashout.org/>
Text: ‘Shout’ to 85258

**Student minds**

Student Minds believes that no student should be held back by their mental health.

By creating and curating resources, stories and tools, Student Minds empower students to build their own mental health toolkit to support themselves and their peers through university life and beyond. With academic pressure, money worries and loneliness, it’s easy to feel overwhelmed at university. Student minds aim to improve university communities so that every student gets the mental health.

Website: <https://www.studentminds.org.uk/supportforme.html>
Support programmes: <https://www.studentminds.org.uk/ourpeersupportprogrammes.html>

**Support for Suicide**

If you are struggling with the impact of a suicide in your family or experiencing suicidal thoughts we are here to support. You do not need to suffer alone and we want to make sure you are safe and well. Reaching out to any member of staff will ensure you are referred to internal mental health and wellbeing support. If you also want some support outside of university here are some organisation which can help.

**Support that is UK Wide:**

**Calm**

CALM’s vision is that no one feels like suicide is their only option. But right now, too many people are struggling to see a way forward.

Every day in the UK we lose 18 people to suicide. This isn’t just a stat on a page. These are our mums and dads, brothers, sisters, sons, daughters, partners and friends. That’s why CALM is there to help *anyone* struggling with life - and provide *everyone* with the skills to help prevent suicide.

Their suicide prevention helpline is for anyone affected by suicide or suicidal thoughts.

Website: <https://www.thecalmzone.net/what-we-do>
Live Chat: <https://www.thecalmzone.net/suicide-prevention-helpline>
Phone: 0800 58 58 58

**Papyrus**

PAPYRUS is dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

Their suicide prevention helpline, HOPELINE247, is staffed by trained suicide prevention advisers, who work with young people – and anybody concerned for a young person – to help keep them safe from suicide. HOPELINE247 is a free and confidential call, text and email service, which is available 24 hours a day, every day of the year (weekends and bank holidays included.)

Email: pat@papyrus-uk.org
Phone: 0800 068 4141
Text: 88247

**Samaritans**

Samaritans run a free helpline available 24 hours a day 365 days a year. Everyone who works for Samaritans is there to listen to you and empathise with your worries, concerns and negative thoughts. They are there for you whenever you need when it may seem like no one can support.

Website: <https://www.samaritans.org/>
Email: jo@samaritans.org
Phone: 116 123

**Support for Addiction and Rehabilitation**

Addiction can impact any of us, at any time of our lives. It can feel like an isolating and hidden experience which we worry others will never understand. However, there is support available from teams who have lots of knowledge and support expertise to help you take steps to tackle addiction. These charities have no judgment for you, they simply want to support in a way which works for you, they acknowledge that everyone’s journey is different.

**Support Based in Wolverhampton:**

**SUIT**

SUIT believe that vulnerable people with substance use problems should be treated fairly, have access to services that focus on recovery, and should be able to engage with service providers that will support holistic measures of prevention, treatment and rehabilitation.

SUIT provide advocacy and support for people experiencing stigma and complex vulnerabilities from challenges surrounding substance use. Volunteers and staff with SUIT all come with lived experience and work to reduce barriers between clients.

Website/Referral Form: <https://www.suitrecoverywolverhampton.com/>
Email: SUIT@wvca.org.uk
Phone: 01902 328 983

 **Recovery Near You**

Wolverhampton Substance Misuse Service is a free, confidential service, helping anyone concerned about their own drink or drug use or others. RNY offer immediate help, help quitting an addition, options for treatment and support for both those impacted and their families.

Website/Live Chat: <https://www.recoverynearyou.org.uk/>
Phone: 0300 200 2400

 **Aquarius**

Aquarius’ mission is to support people to overcome the harms caused by alcohol, drugs and gambling by providing responsive and effective services. Aquarius offer a range of different support options for anyone impacted by the above issues, they tailor the support offered to fit with your needs and wants.

Website: <https://aquarius.org.uk/>
Contact information for specific services they offer can be found here: <https://aquarius.org.uk/about-aquarius/our-support/>

**Support that is UK Wide:**

**GamCare**

GamCare is the leading provider of information, advice and support for anyone affected by gambling harms. They operate the National Gambling Helpline, provide structured support for anyone who is harmed by gambling, create awareness about safer gambling and treatment, and encourage an effective approach to safer gambling within the gambling industry.

You can speak with their Advisers one-to-one over the phone or on live chat 24 hours a day, every day of the year.

They will listen to what is going on for you, and talk through options for support in your local area, online or over the phone.

Website: <https://www.gamcare.org.uk/>
Phone: 0808 8020 133
Live Chat: [https://www.gamcare.org.uk/get-support/talk-to-us-now/#](https://www.gamcare.org.uk/get-support/talk-to-us-now/)

**Support for Sexual Health and Safety**

As important as our mental health and wellbeing, and a big factor in how well we are feeling, is also our sexual health and wellbeing. If you are in need of advice and support in this area of your life there is local and UK wide support available for you.

**Support Based in Wolverhampton:**

**Embrace**

Wolverhampton’s free, confidential sexual health service.  Embrace provides a wide range of sexual health services, including all types of contraception, STI testing and treatment and HIV services. The service is non-judgmental and they welcome people of all ages, genders and orientations. Embrace offers free, objective, confidential sexual health advice.

Website: <https://www.embracewolverhampton.nhs.uk/>
Email: rwh-tr.embrace@nhs.net
Phone: 01902 444444

**Changing Lives IRIS**

The IRIS project provides programmes and support services to help women who are being, or who are at risk of being, sexually exploited and involved in sex work or ‘survival sex’.

They work one-to-one with women, tailoring their support package to their individual needs. Areas of support include, intimate image abuse, revenge porn, sexual health and online harassment. Their support is non-judgemental. They help women identify the choices they have and can help them to find support.

Website: <https://www.changing-lives.org.uk/find-support/iris>
Email: IRIS@changing-lives.org.uk

**Support for Bereavement**

**Support Based in Wolverhampton:**

**Cruse Bereavement Care**

Cruse is there to make sure that everyone grieving gets the support they need, when they need it. Their website offers links to their local branches of support services as well as information and advice about understanding grief and bereavement.

Cruse offer support through their website, national helpline, group, zoom, telephone or one-to-one in person support. They want to make sure everyone grieving gets the help they need in a way that works for them. They have a specially trained dedicated team of 4,000 bereavement volunteers.

Website: <https://www.cruse.org.uk/>
Phone: 0808 808 1677
Link to find support: <https://www.cruse.org.uk/get-support/>

**Compton Care**

Compton Care provides specialist palliative care and bereavement support for the people in our communities living with life limiting conditions. Their care, whether delivered at their purpose-built facilities or at home, is tailored to individual needs, helping patients and their loved ones to feel safe and supported.

They will work with you to understand your current needs and agree your bereavement care accordingly. Most people choose to take some time for themselves before accessing support. But if you need help sooner, do get in touch, we will always aim to accommodate your needs.

Website: <https://www.comptoncare.org.uk/patient-and-family/bereavement-support/>
Phone: 01902 774 570

**Support that is UK Wide:**

**Sue Ryder**

The Sue Ryder Charity is here to make sure that everyone approaching the end-of-life or living with grief can access the support they need. They say that although they can’t make life’s most difficult moments easy, but we can carry some of the load.

Support offered includes online information about grief and bereavement, how to look after yourself and support others going through it. They offer a range of online options including grief support via text, online communities and one to one remote counselling.

Website: <https://www.sueryder.org/grief-support/online-bereavement-support/>
They above website is also where you can find the link to their website community.
Email for counselling: online.counselling@sueryder.org.

**Support for Gender, Sexuality and Identity**

 **Support Based in Wolverhampton:**

**LGBT+ Wolverhampton**

Set up in 2016, Wolverhampton LGBT+ (formally known at Wolverhampton LGBT+ Alliance) was established to forward inclusion for members of the LGBT+ community within Wolverhampton and the Black Country.

The organisation offers an active schedule of community-based events which anyone can attend, including yoga, board game nights, crafting sessions and chatty cafes. They also offer counselling and holistic services for those in need of additional support. The organisation is great to get involved with to talk to others who may have been through similar struggles and build your own personal LGBT+ community.

Website: [https://wolverhamptonlgbt.org/#](https://wolverhamptonlgbt.org/)
Phone: 07824 031187
Online Enquiry Form: <https://wolverhamptonlgbt.org/get-in-touch/>

**Support that is UK Wide:**

**LGBT Foundation**

They are a national charity with LGBTQ+ health and wellbeing at the heart of everything they do. The LGBT Foundation celebrate and empower LGBTQ+ individuals and diverse communities to realise their full potential.

They provide services and activities that give a lifeline to those in need, offering hope and support on their journey towards achieving their aspirations. Their vision is a world where queer liberation enables meaningful and lasting change and plays a vital part in a more equal and just society.

The LGBT Foundation offer support such as talking therapies, sexual health support, helplines and domestic abuse support.

Website: <https://lgbt.foundation/help/how-we-can-help-you/>
Call: 0345 3 30 30 30
Email: Helpline@LGBT.Foundation

**AKT**

AKT support LGBTQ+ young people aged 16-25 at risk of, or experiencing, homelessness, or living in a hostile environment. They do not have centres in the West Midlands however they offer digital support across the UK. Their Live chat is open to offer remote support to those living elsewhere in the country.

Website: <https://www.akt.org.uk/>

**IMPORTANT: GP, NHS 111 and Emergency 999**

**GP**

Make sure that you are registered with a GP while studying at university, they can be a great source of support when struggling with your mental health so do not hesitate to make an appointment with them. A GP can support with many of the issues covered in this sign positing document so it’s important to be registered with one to access support.

Some wellbeing services also require referrals from a GP to access, as the NHS website states:

‘You'll need to talk to your GP to use some mental health services. This is known as a GP referral. Your GP can also talk to you about your mental health and help introduce you to the right mental health service for your needs.’

If you are not registered with a GP near you information can be found below.

Website: <https://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/>

**Accident and Emergency or 999**

If you are at significant risk of harm to yourself or to someone else you can visit your nearest accident and emergency (A&E) or call 999 for immediate support. A&E is for serious injuries and life-threatening emergencies only. It is also known as the emergency department or casualty.

Phone: 999

**NHS 111 (online and phone)**

NHS 111 can help if you think you need medical help right now but you're not sure what to do.

If you need to go to A&E, NHS 111 can book an arrival time so they know you are coming. An arrival time is not an appointment but helps to avoid overcrowding. You can check your symptoms at the link online or call 111.

Online NHS 111: <https://111.nhs.uk/triage/check-your-symptoms>
Phone: 111