

Mental Health & Wellbeing

If you'd like support with this, please do book a wellbeing appointment. When appropriate the College Nurse will refer or signpost you onto our College Counsellor or other services. Any information shared with the College Nurse is kept in strict medical confidence. Alternatively you can arrange to meet with your College Tutor.

Mood Self-Assessment

We can all feel low, anxious or panicky from time to time. If you are concerned, use this simple NHS mood self-assessment tool to check your mood: www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/



First Response Service (FRS)

The FRS supports people experiencing a mental health crisis. The First Response Service provides 24-hours access, seven days a week, 365 days a year, to mental health care, advice, support and treatment. By calling **111**, and **selecting option 2**, you will be put through to a member of the FRS who will speak to you and discuss your current mental health needs.

For more details see the FRS [information leaflet](#)

University Counselling Service

The University Counselling Service is available to all undergraduate students in residence and graduate students on the register

*University Counselling Service,
Student Services Centre (3rd floor)
Bene't Street
Cambridge
CB2 3PT
Telephone 01223 332865*

Email: counsellingreception@admin.cam.ac.uk or sexual.assault.advisor@admin.cam.ac.uk

For more information please visit their website at www.counselling.cam.ac.uk/

Counselling

As well as [one to one sessions](#) the Counselling Service offers [groups & workshops](#) on a variety of different issues. In addition they have some excellent [self-help leaflets](#) on common problems such as Anxiety, Coping with Exams, Work-block & Insomnia.

Sexual Assault and Harassment Advisor (SAHA)

Support is also available through the service from the [University's Sexual Assault and Harassment Advisor \(SAHA\)](#)

The SAHA is a specialist support worker who provides emotional and practical support to anyone who has been raped, sexually assaulted, or harassed, recently or in the past. They can support you whether this happened at University or not, and can help you to access other available support services. The SAHA can support you to explore your options for reporting what has happened and can support you through this process if you do choose to go ahead. You do not have to report your experience to access support from the SAHA.

How to access the service:

To **self-refer for individual counselling, group and workshop sessions or** support through the Sexual Assault and Harassment Advisor please complete the [relevant secure form](#).

Togetherall (formerly BWW)

Cambridge students can access free online support 24/7 as part of a global online community. Togetherall provides a safe space online for you to share your thoughts and access resources to help you manage your mental health and wellbeing whilst remaining anonymous to other members of the community. You can find information and access Togetherall [here](#).

NHS Psychological Wellbeing Service (IAPT)

Cambridge & Peterborough NHS Foundation Trust's (CPFT) Psychological Wellbeing Service is part of the Improving Access to Psychological Therapies (IAPT) Services. This is an NHS initiative designed to make psychological or talking therapies more accessible to people experiencing common mental health problems. [Click for more information & to self-refer](#)

You can also find information on self-help from the service [here](#), as well as videos on topics such as managing depression, anxiety, or sleep difficulties [here](#).

Online Counselling Provision

Students are eligible to join [Qwell](#) – a counselling and wellbeing platform launched by MIND (Cambridgeshire, Peterborough and South Lincolnshire). Qwell provides confidential chat-based counselling from qualified counsellors, free of charge.

To sign up go to: www.qwell.io

NHS Website Resources

[Live Well](#) - Advice, tips and tools to help you make the best choices about your health & wellbeing
[Mental health & Wellbeing](#) information including a [mood self-assessment tool](#) and [mental wellbeing audio guides](#) (Useful series to support you boost your mood)

[Every Mind Matters](#) - advice and practical tips to help you look after your mental health and wellbeing.

Other Information:

Nightline



Confidential night-time support service for Cambridge & Anglia

Ruskin Universities. This service is available 7pm-7am during the CU full term.

Telephone 01223 744 444. Skype: Cambridge.Nightline. Website: <https://cambridge.nightline.ac.uk/>

Email: email@cambridge.nightline.ac.uk (available anytime during the CU full term. Emails are answered within 48hrs)



Samaritans

Available 24 hours a day, 365 days a year. If you need a response immediately, it's best to phone 116 123 (free). You don't have to be suicidal to call them! Details of the local [Cambridge Branch](#)



Mind

Mental Health charity.

Mind Infoline: provides information on a range of topics including:

- types of mental health problem
- where to get help
- medication and alternative treatments
- advocacy.

Tel: 0300 123 3393 or text 86463. Email: info@mind.org.uk

MInd website: www.mind.org.uk

Cambridge Mind Website: www.cpslmind.org.uk



PAPYRUS

National Charity for the prevention of young suicide. They provide a **HOPELineUK** telephone service which is staffed by trained professional who give non-judgemental support, practical advice and information.

Tel: 0800 068 41 41 or text 07786 209697. Mon-Fri: 10am-10pm, weekends: 2pm-10pm & bank holidays: 2pm-5pm. Website: <https://papyrus-uk.org/>



Student Minds

Student mental health charity. They aim to empower students with the knowledge, confidence and skills to look after their own mental health and support others through their national network of university groups.

<http://studentmindscambridge.co.uk/>



The UK's leading charity supporting anyone affected by eating disorders. Beat provides helplines for adults and young people offering support and information about eating disorders.

Tel: 03456341414 (Mon-Weds 1pm-4pm) or
email help@beat.co.uk website: www.beateatingdisorders.org.uk

The Trevor Project

The Trevor Project provides crisis intervention and suicide prevention services and information to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

www.thetrevorproject.org/