

"I NEED HELP NOW"

I NEED URGENT HELP, I DON'T FEEL SAFE

- Call 999 or go to Royal Stoke Hospital A&E (24 hours a day, every day)
- Call the North Staffs Crisis Team on 0300 123 0907 or 07739 775202 (24 hours a day, every day)

I NEED HELP, BUT I'M NOT IN IMMEDIATE DANGER

- Call 111 when you need help fast, but it's not a life threatening emergency (24 hours a day, every day)
- Call or visit Keele Student Services (Tawney Building) 01782 734481 (09:00-16:45 Monday-Friday)
- Call or visit Keele Student Services Out of Hours Support (Darwin Building) 01782 733004 (16:45 - 09:00, every day)
- Call Samaritans of Stoke and Newcastle 01782 116123 (24 hours a day, every day)
- For text based mental health support text "Shout" to 85258
- Contact the North Staffordshire Wellbeing service on 0300 303 0923 or visit www.NorthStaffsWellbeing.co.uk
- Call the North Staffs Access Team on 0300 123 0907 or 07739 775202 (24 hours a day, every day)
- Make an appointment to talk to your GP
- Attend a Student Services drop in (Tawney Building) or visit the Student Support website at www.keele.ac.uk/students/StudentServices
- Call Student Space for a free student led listening service 0808 189 5260 or visit www.StudentSpace.org.uk
- Help for sexual assault/harassment

I'M FEELING DISTRESSED AT KEELESU ON A NIGHT OUT

- Talk to any member of staff and ask for a member of first aid team
- Call Keele Student Services Out of Hours Support 01782 733004
- Speak to a member of Street Team. They are normally located at the bottom of main stairs
- To report it to the university contact Student Services
e: studentservices.svreporting@keele.ac.uk
t: 01782 734481
For late night support call 01782 733004
- For specialist sexual assault mental health support contact SAVANA on 01782 433204 or www.savana.org.uk
- For in house counselling support contact counselling@keele.ac.uk



"I'M NOT FEELING GREAT"

"I'D LIKE SOME ADVICE"

Issues with your living situation be it housemates or facilities

Contact the Keele accommodation team on 01782 733065 or accommodation@keele.ac.uk

Contact the Keele Accommodation team on 01782 733065 or accommodation@keele.ac.uk

Speak to ASK (Advice & Support at Keele) in the Students' Union on su.ask@Keele.ac.uk

Get in touch with the Peer Supporters at www.Keele.ac.uk/Students/CounsellingMH/PeerSupporters/

I'm having issues with my course

Contact your course rep and explain the problem, you can find them here www.KeeleSU.com/YourUnion/StudentVoiceReps/Find

Speak to ASK (Advice & Support at Keele) in the Students' Union on su.ask@keele.ac.uk

Talk to your personal tutor

Request a leave of absence

Apply for an extension for a deadline using an extenuating circumstance (EC)



"I WANT TO TRY TO HELP MYSELF"

Go to the Keele Mental health webpage www.Keele.ac.uk/MentalHealth

Access TogetherAll (online mental health community formerly known as BigWhiteWall) for free www.togetherall.com

Visit Students Against Depression website www.StudentsAgainstDepression.org

Use Self-Harm Support Apps such as BlueIce and Calm Harm

Use Daylio for a daily mood diary

For problems with sleep try www.Sleepio.com

Look through the NHS self-help library www.web.ntw.nhs.uk/SelfHelp/

To try mindfulness meditation, use the Headspace app

For general guidelines on keeping a healthy mental state visit www.NHS.uk/Conditions/Stress-Anxiety-Depression

