



# How To Access Support Services

*Student Health Centre*

*Nottingham Trent University*

*Peel Street*

*Nottingham*

*NG1 4FW*

*[www.radfordmedicalpractice.co.uk](http://www.radfordmedicalpractice.co.uk)*



**@NTU\_Health**



**Radford Medical Practice  
and Student Health Centre**

For emergencies, contact **111** or **999**. Alternatively, visit **Nottingham Urgent Care Centre** between **7am** and **9pm 365 days a year** with no appointment required.

This booklet contains useful services for patients to contact. There are a variety of services provided, including eating disorder services, academic support services, transgender services and psychological therapies services. It also includes useful apps and websites for patients to download or visit for self-help.



## *Psychological Therapies Services:*

### **Wellness in Mind:**

A service catered to provide support and advice for those experiencing any issues with their mental health. Visit [www.wellnessinmind.org](http://www.wellnessinmind.org), or call **08000 561 0073**.

### **Insight Health care:**

For those registered with a doctor within Nottingham city, Insight Healthcare supports people suffering with depression, anxiety and more. For more information, call **0300 555 5582**.

### **Let's Talk Wellbeing:**

This service accepts self-referrals for those registered with a doctor within Nottingham or Nottinghamshire. They support provides psychological assessment and treatment for issues such as OCD, phobias, panic attacks and anxiety. To self-refer, call **0115 956 0800**.

### **Trent PTS:**

Trent Psychological Therapies Service tailors services to meet the needs of the patient. Treatments include couples therapy, counselling, brief psychodynamic therapy and cognitive behavioural therapy. Self-refer via <https://www.trentpts.co.uk/services/nottingham/>

### **Beating the Blues:**

An effective and proven service for sufferers of anxiety and depression. This service incurs a charge to users. Visit <http://www.beatingtheblues.co.uk>

## **Suicide Support Services:**

### **Papyrus:**

Specialist suicide service for young people offering resources and information about suicide including where to get help and why these feelings can arise. Visit <https://papyrus-uk.org/im-thinking-about-suicide/> for more information and resources.



### **Harmless/ The Tomorrow Project:**

Established through a partnership with Harmless, The Tomorrow Project offers 3 tiers of support; Prevention, Intervention and 'Postvention' for those struggling with suicidal feelings. If you feel safe at this time, email [tomorrow@harmless.org.uk](mailto:tomorrow@harmless.org.uk). This service is not for emergencies, but other services can also be found on their website <http://www.tomorrowproject.org.uk/>

### **NHS Help for Suicidal Thoughts:**

A useful contact resource for those with suicidal thoughts, or feeling down or desperate. Visit <https://www.nhs.uk/conditions/Suicide/> .

### **Depression and Anxiety Services:**

#### **Moodgym:**

An online service for interactive self-help to prevent the symptoms of depression and anxiety. This service incurs a cost for 1 year of access. Register at <https://moodgym.com.au/register/info>.

#### **Anxiety UK:**

Confidential advice and relief for people suffering with anxiety disorders, phobias and conditions. This service incurs a cost to users of £40 a year, but provides access to CBT and counselling. <https://www.anxietyuk.org.uk/get-help/>.

#### **Samaritans:**

Just need to talk? Call 116 123 for free any time that you need to.

#### **Xenzone Limited:**

Online mental health services for young people and adults. Provides counselling and emotional well-being support accessible on mobile, desktop and tablets. Visit <https://www.kooth.com/>.

### **Student Minds:**

Empowering students to develop skills to look after their own mental health. Visit: <https://www.studentminds.org.uk/about.html> for more information.

### **Stress Management Group:**

Insight Healthcare offer stress management courses, running for 4 weeks at Edgeley House, Tottle Road, Nottingham, NG2 1RT. Enrol online at <https://www.insighthealthcare.org/our-services/talking-therapies/find-a-service/nottingham/>, mentioning that you are interested in stress management. Alternatively, call **0300 555 5582**.

### **Students Against Depression:**

A website by students, for students offering advice, information and resources to those who are in low mood, have suicidal thoughts or who are experiencing depression. Web: <https://www.studentsagainstd Depression.org/>

### **Moodjuice:**

A site full of printable resources regarding anger, anxiety, stress, bereavement and more to be used as self-helps. Visit <https://www.moodjuice.scot.nhs.uk/aboutsuicide/Suicide.asp>

### **Muted:**

A Nottingham based charity helping to create awareness and to help men struggling with depression. Web: <https://www.muted.org.uk/>

### **STEPS:**

One-to-one support to people with mental health needs, specifically aimed at Nottingham's local black, Asian and minority ethnic (BAME) communities. Visit <https://www.metropolitan.org.uk/support-services/steps-support-towards-empowering-people-service/>

# Health and Wellbeing Services:

## **Eating disorder support:**

### **EDISS– First Steps:**

Drop in sessions for mild to moderate eating disorder concerns, counselling peer support, online support and group sessions available. You do not have to have a diagnosis to access the service. NTU drop in clinic Tuesdays 9-1pm at NTU Global Lounge. More info available at <https://firststepsed.co.uk/about/>.

### **Smoking support:**

#### **Stub It!:**

Appointment to be made via GP Practice. 6 week Clinical Pharmacists led Programme. Contact Student Health Centre on **0115 8486481** or Radford Medical Practice on **0115 9792691** to book an appointment.

#### **Smokefree:**

Provides help for those struggling to quit smoking by providing personal quitting plans. Visit <https://www.nhs.uk/smokefree>

### **Drugs support:**

#### **Chill Out Sound Support:**

A confidential service for non-injecting drug users aged 18 and over, particularly aimed at recreational and experimental drug users. Chill Out Sound Support encompasses local organisations that have come together to deliver catered drug treatment and advice. Visit [www.recoveryinnottingham.co.uk](http://www.recoveryinnottingham.co.uk) or call **07891 514 257**.

#### **NTU Drugs Support:**

Impartial and confidential information and advice on drugs and substances . Email [neilbrookes@frameworkha.org](mailto:neilbrookes@frameworkha.org) directly for anything regarding drugs and alcohol.

#### **The Nottingham Recovery Network:**

Advice and treatment for people who use alcohol and drugs in a problematic way, visit <https://www.nottinghamrecoverynetwork.com/>.

#### **FRANK:**

Visit <https://www.talktofrank.com/?> for honest advice on drug taking.

## *Transgender Services:*

### **Gendered Intelligence:**

A charity providing youth programmes, support for parents and carers, one-on-one mentoring and trans awareness training. They aim to increase understanding of gender diversity. Visit <http://genderedintelligence.co.uk/> for more information.

### **Press for Change:**

A leading agency for legal advice for Trans and other Gender Variant people. Visit <http://www.pfc.org.uk/index.html>.

### **Gender Identity Research & Education Society:**

Aim to improve the lives of trans and gender non-conforming people including those who are non-binary and non-gender. Training is provided on the website detailing how to care for gender non-conforming young people, as well as a list of useful terminology. Visit <https://www.gires.org.uk/>.

## *Relationship Services and Sexual Health:*

### **Nottinghamshire Sexual Violence Support Services and Counselling Services:**

Support and counselling regarding rape, sexual violence or childhood sexual abuse. Call the helpline on **0115 941 0440** or self-refer on their website <https://nottssvss.org.uk/>.

### **Topaz:**

A sensitive and dedicated service supporting the needs of victims of sexual assault and rape. You do not have to report the crime to use this service. Visit <https://www.topazcentre.org/#> for more information.

### **Equation:**

Supporting those in immediate danger of domestic violence and providing advice for those at risk of domestic abuse, in addition to information for supporting friends or family. Call **0808 800 0340** or visit <https://www.equation.org.uk/>.

### **The Nottingham Centre for Transgender Health:**

Recognising the unique issues that the transgender community face, the Nottingham Centre for Transgender Health assigns a designated support officer to cater to the individual's needs. Call **0115 876 0160**, or visit <https://www.nottinghamshirehealthcare.nhs.uk/nottingham-centre-for-transgender-health>

### **Nottingham and Nottinghamshire Lesbian and Gay switchboard:**

Provide information and support for the LGBTQI+ community including support groups, victims of homophobia, contact details for LGBTQI+ friendly therapists and locations, plus advice for family and friends who may be worried. Call **0115 9348485**

### **Nottingham Women's Centre:**

A safe environment for women to take part in training , develop skills , gain confidence and access activities and women's services. Visit <http://www.nottinghamwomenscentre.com/> for more information.

## ***Student Support Services:***

**Information and advice services:** [https://www4.ntu.ac.uk/student\\_services/](https://www4.ntu.ac.uk/student_services/) provides contacts for a variety of student needs including accommodation and student wellbeing.

**NTU Health and Wellbeing:** [https://www4.ntu.ac.uk/student\\_services/health\\_wellbeing/index.html](https://www4.ntu.ac.uk/student_services/health_wellbeing/index.html), and **useful wellbeing podcasts:** [https://www4.ntu.ac.uk/student\\_services/health\\_wellbeing/information-advice/podcasts/index.html](https://www4.ntu.ac.uk/student_services/health_wellbeing/information-advice/podcasts/index.html) .

**Healthy NTU:** [https://www4.ntu.ac.uk/student\\_services/health\\_wellbeing/staying\\_healthy/index.html](https://www4.ntu.ac.uk/student_services/health_wellbeing/staying_healthy/index.html). A student led programme covering key health themes and support for students.

**Healthy NTU Blog:** <https://healthyntu.blog/>

### **NTU 'Silver Cloud':**

Aiming to provide students with resources, including Cognitive Behavioural Therapy, for those experiencing anxiety, depression, stress or eating disorders. Visit <https://ntu.silvercloudhealth.com/signup/ntu/> to access.

## Useful Apps:



With the **NHS App**, you can check your symptoms, book appointments, order your prescriptions and more.



**Moodmission** aims to aid overcoming feelings of depression and anxiety



**Calm** aids with meditation, sleep, and mindful movement.



**Calm Harm** is designed to help people resist/ manage the urge to self-harm.



**Headspace** is a tool to help people stress less, focus more and sleep better.