



AskMyGP is our online appointment booking system. It's available from 8am-2pm weekdays.

Simply create a request with the problems you're experiencing and our trained reception team will send it to the appropriate clinician or signpost accordingly.

We aim to deal with requests on the same day, but we may also refer you to our extended services at GP+, our in-house physiotherapist or pharmacists, or

Ask online or by phone



Get help on any problem from your own GP

Your GP works out how to help



Your practice usually responds within the hour

You see or speak to your GP



You are usually offered the same day if you wish

Visit radfordmedicalpractice.co.uk & click 'Get Help Now'.

Contact us:

Student Health Centre

Nottingham Trent University
Peel Street
Nottingham
NG1 4FW

Call: 0115 848 6481

Email: NNCCG.C84117@NHS.NET

Radford Medical Practice

Radford Health Centre
Ilkeston Road
Nottingham
NG7 3GW

Call: 0115 979 2691



How To Access Support Services



@NTU_Health



@ntustudenthealthcentre



Radford Medical Practice and Student Health Centre

Student Health Centre

Nottingham Trent University

Peel Street

Nottingham

NG1 4FW

www.radfordmedicalpractice.co.uk

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, or call **08000 561 0073**.

Insight Health care:

Insight Healthcare supports people suffering with depression, anxiety and more. For more information, call **0300 555 5582**.

Let's Talk Wellbeing:

Lets Talk Wellbeing provides psychological assessment and treatment for issues such as OCD, phobias, panic attacks and anxiety. To self-refer, call **0115 956 0800**.

Trent PTS:

Treatments include couples therapy, counselling, brief psychodynamic therapy and cognitive behavioural therapy. Self-refer via their website <https://www.trentpts.co.uk/services/nottingham/>

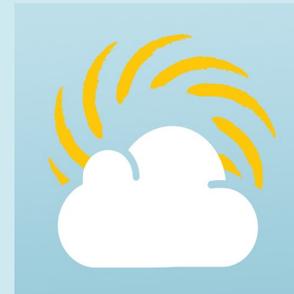
Beating the Blues:

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

Joint our Trent Patient Participation Group! Complete the PPG form available on our website to give your opinions on improving our service: radfordmedicalpractice.co.uk



The **Stay Alive** app is a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be consider-



Bright Sky provides support and information for anyone who may be in an abusive relationship, or those concerned about someone they know.



Daylight provides support to people experiencing symptoms of worry and anxiety by using cognitive behavioural techniques, voice and animation.



Sleepio helps with improving sleep using personalised cognitive behavioural techniques.



Liberate offers culturally sensitive and diverse meditations and talks curated by the ethnic minority community. It helps to reduce anxiety, alleviate stress and promote rest, whilst reflecting on cultural elements and beliefs.

Relationship Services and Sexual Health

(cont):

SH:24— Free sexual health advice, STI testing kits and contraception. Visit SH24.org.uk. Test results are available within 7days.

Victoria Health Centre— For routine STI screenings, please call **0115 9627627**. They also offer contraception advice and fittings (e.g coils/implants etc)

Useful Apps:



Suicide Support Services:

Samaritans:

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

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. This service is not for emergencies, but other services can also be found on their website <https://nspa.org.uk/member/the-tomorrow-project-harmless-cic/>

NHS Help for Suicidal Thoughts:

A useful contact resource for those with suicidal thoughts, or feeling down or desperate. Visit <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/help-for-suicidal-thoughts/>

Depression and Anxiety Services:

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/>.

Hub of Hope:

There's always somebody to talk to. Input your post code into the website hubofhope.co.uk and it will list available services in your area.



Student Space from Student Minds

- Get 24 hour text support from a trained volunteer: Text 'STUDENT' to **85258**.
- Webchat support- <https://studentspace.org.uk/support-services/webchat-support> (available 4pm-11pm)
- Email support: **students@themix.org.uk**
- Phone support: Call for FREE on **0808 189 5260** (from 3pm-12 everyday)

Student Space offers support for **ALL students** including Black, Muslim, Punjabi, Trans, Working Class student as well as students hearing voices or those with OCD and BDD.



Kooth:

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.

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.



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/>

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/>.



We want to hear from you!

Please talk to us about how we can help you with-

- Changing your pronouns and preferred name
- Changing your title- we can change your title to 'Mx' without the need for an official deed poll.
- Guiding you through any queries and the transition process.
- Discussing medication and updating your NHS medical record.

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.studentsagainstdepression.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/care-and-support/find-a-service/>

Eating Disorder Support:

FREED:

FREED is First Episode Rapid Early Intervention for Eating Disorders. It is a service for 16 to 25-year-olds who have had an eating disorder for three years or less. Self refer here: <https://freedfromed.co.uk/>

Various help sheets are also available on the website.

Beat Eating Disorders:

Student line: 0808 801 0811 (available everyday, weekdays 9am-8pm, weekends/holidays 4pm-8pm).

Student Support Services:

StudentHub: https://www4.ntu.ac.uk/student_services/ - provides contacts for a variety of student needs including accommodation and student wellbeing.

Healthy NTU: 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.

NTU Student Support Services team are available to help make the most out of student life.

To see what support they can offer you, visit their website: <https://www.ntu.ac.uk/study-and-courses/being-at-ntu/services-and-support/student-support-services>

TALK TO US
If things are getting to you

☎ **116 123** FREE
This number is FREE to call round the clock

✉ jo@samaritans.org

🌐 samaritans.org

SAMARITANS
A registered charity

Health and Wellbeing Services:

Smoking support:

Smokefree:

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

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 arrange an appointment.



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 or call **07891 514 257**.

NTU Drugs Support:

Impartial and confidential information and advice on drugs and substances. Email 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.