



Your wellbeing



Welcome to the University of Nottingham Students' Union!

I'm Alice, your Welfare & Wellbeing Officer for 2021-22.

You're automatically a member of your Students' Union when you start your studies, and that means you're part of our student community. We're all here to look out for one another's welfare and wellbeing, to make sure everyone has the best University experience.

That's why we've put together this handy booklet. It shows you where you can find support during your time at Nottingham, whether you're looking for help with general wellbeing, mental health, night time safety or academic support.

And it's for everyone, whether you're a first year undergraduate student or a mature postgraduate student. So there's always support available, no matter what stage of study you're at.

Alice Kosse (she/her)

Welfare & Wellbeing Officer 2021-22



@UoNSUWelfare

facebook.com/uonwelfarenetwork



@UoNSU_Welfare

twitter.com/uon_wn



@UoNSU_Welfare

[@uonwelfarenetwork](https://www.instagram.com/uonwelfarenetwork)

Sultan Chaudhury (Sully) (he/him)

Liberation Officer 2021-22



@UoNSULiberation



@uonsuliberation



@uonsu_Liberation



Important contacts

Due to COVID some of these services are currently restricted and/ or operating remotely, please check with individual services to see how you can access them.

University of Nottingham Security:

T: +44 (0)115 951 3013

(ext. 13013 internally)

(open 24/7)

Emergency security:

T: +44 (0)115 951 8888

Non-emergency security:

T: +44 (0)115 951 3013

Students' Union Reception:

T: +44 (0)115 846 8800

Cripps Health Centre:

T: +44 (0)115 846 8888

Orchard Surgery, Kegworth:

T: +44 (0)1509 672 419

Students' Union Advice

Students' Union Advice are here for you, whether you're having issues with housing, money or your course. They're also a hate crime reporting centre, so you can report any incidents to them in confidence. Their service is free and impartial, and they're independent from the University. So if you're a University of Nottingham student and you need some advice or information, they can help. You just need to make an appointment to talk to an Education or Welfare Adviser over the phone or face to face. You can also email them. They'll give you confidential support and advice on a range of issues, including:

Money: budgeting, funding, tuition fees, benefits and tax credits

Housing: tenancy deposits, housing conditions, checking housing contracts before you sign

Academic: appeals, academic misconduct, disciplinary matters, complaints

Hate Crime: report any incidents of hate crime in confidence

You'll find SU Advice on C Floor of Portland Building, University Park. Please refer to SU Advice website for updated opening hours and support.

Advisers also come over to Sutton Bonington during term time.

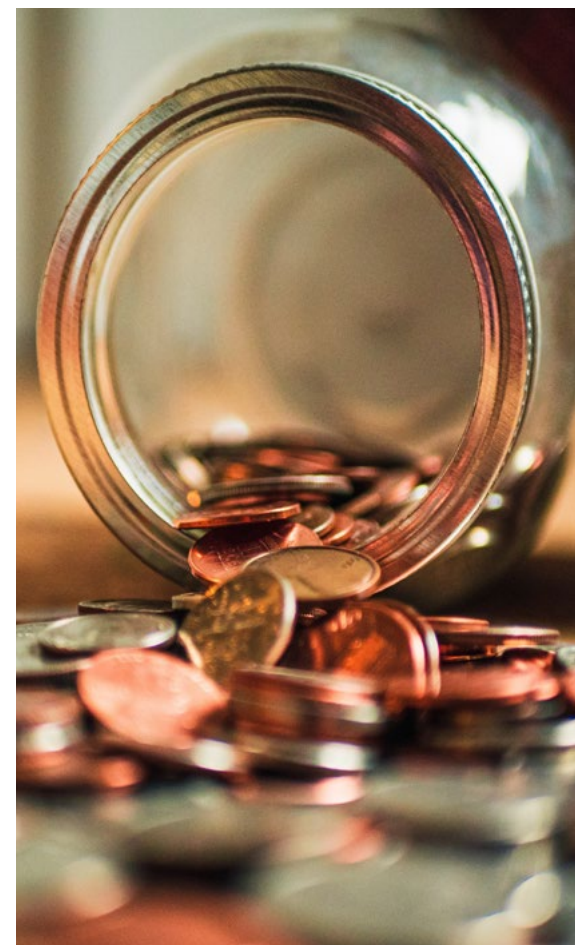
Give us a ring to find out when they're next here.

T: +44 (0)115 846 8730

E: suadvice@nottingham.ac.uk



Want more info? su.nottingham.ac.uk/advice



University Counselling Service

This is a free service that provides one to one support for students and staff. They also run a range of groups and workshops for students including stress and anxiety, procrastination and perfectionism. The Counselling Service is based at The Orchards, University Park, but they also offer appointments at Sutton Bonington, Jubilee campus and Derby Hospital.

To book a consultation:

1. Visit nottingham.ac.uk/counselling to register online
2. Phone **+44 (0)115 951 3695** or drop into the Counselling Service at The Orchards to arrange an appointment or email counselling.service@nottingham.ac.uk

Visit nottingham.ac.uk/counselling/student-counselling to find out about groups and workshops, and how to access self help resources.

External mental health services

Insight

Insight provides free talking therapies in Nottinghamshire for common issues like low mood, stress and anxiety.

You can self refer at insightiapt.org

Harmless

Harmless provides a range of services and resources around self-harm. These include face to face support with therapists, regular drop-in sessions and email support.

E: info@harmless.org.uk

Let's Talk Wellbeing

Let's Talk Wellbeing is a free NHS psychological service that offers treatment to people experiencing mental health problems including depression, anxiety and stress.

You can self-refer at letstalkwellbeing.co.uk

T: +44 (0)115 956 0888

E: letstalknottingham@nottshc.nhs.uk



Trent PTS

Trent PTS is a free NHS psychological service that offers treatment to people experiencing mental health problems including depression, anxiety, stress and panic attacks.

You can self-refer at trentpts.co.uk

T: +44 (0)115 896 3160

E: enquiries@trentpts.co.uk

Togetherall

Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing. Millions of people in the UK have access via their participating employer, university, college, NHS provider or local council. **Visit:** togetherall.com/en-gb/

Mental health support

Nightline

Nightline is a confidential listening and advice service run by students for students. Our trained student listeners are here from 7pm to 8am every night during term time, and 24 hours during exam time. We're here whether you're feeling stressed, need information on health services or just need a chat.

T: +44 (0)115 951 4985

Instant message: nottinghamnightline.co.uk

Skype (audio): Nottingham.Nightline

Email (open 365 days a year): nightlineanon@nottingham.ac.uk

Student Minds

Student Minds is a student-led campaigns group running peer-led support groups and mental health campaigns. Positive Minds is a support group that gives students like you somewhere confidential and non-judgemental to talk about low mood. We cover building support networks and establishing healthy routines.

E: positivenottingham@studentminds.org.uk

Mental Health Advisory Service

The Mental Health Advisory Service is here to support you if you have significant mental health problems, or if you're in crisis. To access the service, you need to be referred by a member of University staff, a GP or the NHS.

**If you're
currently
experiencing
a mental
health crisis
and don't feel
safe,
dial 999
or go to your
local A&E
department
immediately.**

Health and wellbeing

Chaplaincy

Whatever your background or faith, the Chaplaincy team are here to support you during your time at University. The chaplains represent different faith communities, and will aid you – as well as University and SU staff – in exploring your personal faith journey. They're also here to help you find a faith community within the University and the local area, and organise events including trips and talks.

T: +44 (0)115 951 3931

Drop in for a coffee and a chat with a chaplain:

- **A Floor, Portland Building, University Park**
- **B Floor, XU Yafen Building, Jubilee Campus**
- **B Floor, The Barn, Sutton Bonington**

HealthyU

You know what they say: healthy body, healthy mind! If you need some information about health and wellbeing - including mental health, sexual health and healthy eating - **visit the HealthyU website.**

You can also find out about all the wellbeing events – which are held in collaboration with the SU Welfare Network – taking place throughout the year.
nottingham.ac.uk/currentstudents/healthyu

For information specific to international students, go to **www.nottingham.ac.uk/currentstudents/healthyu/health-services-for-international-students.aspx**

University of Nottingham Sport

Being physically active at University is a great way to meet new people, try something new and look after your overall wellbeing.

UoN Sport have more than 70 sports clubs to get involved with, as well as three fitness suites, 200 weekly fitness classes, a Just Play programme, Intermural Sports Leagues and leadership academy. Men's Health Active is an initiative which has been designed to encourage male students (and those who identify as male) to use sport and physical activity to help them maintain good levels of mental health.

#GreenandGold family Want to find out more? **nottingham.ac.uk/sport**



Registering with the health service

It's important to register with a Health Centre during your first week at University. That way, you'll be able to access GP and nurse support if you need it.

Registration is now online - unhs.co.uk/new-patients.aspx

Cripps Health Centre, University Park, Nottingham, NG7 2QW

T: +44 (0)115 846 8888

Orchard Surgery, The Dragwell, Kegworth, Derby, DE74 2EL

T: +44 (0)1509 672 419

Cripps Dental Centre, University Park, Nottingham, NG7 2RD

T: +44 (0)115 951 3099

If you're based at Sutton Bonington, you can also register with the Orchard Surgery in Kegworth. They'll have dedicated sessions to help you register during the first week of term; all the details will be advertised on campus.



Campus services

Living on campus? There are loads of services to help you feel safe in your new home.

Campus security

The campus security team work 24 hours a day, 365 days a year. It's their job to make sure all the Nottingham campuses are safe, secure places, and to provide you with support in an emergency.

Emergency: +44 (0)115 951 8888

Non-emergency: +44 (0)115 951 3013

Support in your accommodation

The Residential Experience Team (ResX Team) are on hand to support you in your halls of residence. Each Hall has a dedicated team available when you need them, providing help and advice around the variety of challenges that you may be facing. You will find a team of Residential Assistants (RA's) in your hall on hand to support you between 6pm and 10pm with drop ins and activities so there is always someone to talk too. RA's are students too so understand the challenges you may be facing.

Find them in your halls and say hello - they are a friendly bunch!

Contact ResX at resx@nottingham.ac.uk or on 0115 748 7600.

The University and the Students' Union expect everyone in the University community to be treated – and to treat others – with respect. This is set out in the Student Community webpages, as well as in the Code of Discipline for Students, which applies to your behaviour both on and off campus.

If you do experience any discriminatory behaviour, hate crime or harassment, you can report it and get support from the University by visiting

reportandsupport.nottingham.ac.uk



Off campus services

Living off campus? The Off-Campus Student Affairs team has lots of information about living in the community and staying safe on the Off Campus Affairs page on the UoN website. Take a look at our handy tips:

- Find out your bin collection day and avoid getting a fine: check your local council websites for collection details
 - Check your property, and let your landlord know if anything needs reporting
 - Check whether you need a parking permit
 - Contact **SU Advice** if you need any housing advice or information
 - Say hi to your neighbours!
-

Neighbourhood helpline

If you have a question about uncollected rubbish or noisy neighbours, get in touch. The University has a 24 hour helpline where you, other students and local residents can get in touch to raise non urgent concerns.

T: +44 (0)115 846 8666

Global Buddies

If you're a new international or EU student and would like a student mentor to show you around answer your questions and make you feel welcome, join our Global Buddies scheme. Visit bit.ly/globalbuddies or email globalbuddies@nottingham.ac.uk to find out more.



Sexual health

Everyone arrives at University with different ideas and experiences when it comes to sex. But it's important that we all look after our health.

If you're not sure what you need, or have any questions about emergency contraception, talk to the pharmacist or your GP.

Cripps Health Centre

T: +44 (0)115 846 8888

Need condoms?

If you're 18-24, you can register on the C-Card scheme and pick up free condoms. Take a look at the HealthyU web pages to find out where you can register. **The SU SPAR shops in Portland Building and the Exchange on Jubilee campus sell them at cost value.** Remember, you can get hold of emergency contraception on campus. Pop into Boots Pharmacy at Cripps Health Centre, or Boots Pharmacy in Kegworth.

Make sure you get checked: The University's HealthyU campaign organises free sexual health screenings during the year. Find out when the next one is at nottingham.ac.uk/currentstudents/healthyu/events.aspx

If you're worried about sexually transmitted infections, you can get tested at the sexual health clinic at Nottingham's City Hospital, or the Victoria Clinic in the city centre.

T: +44 (0)115 962 7627

W: nuh.nhs.uk

Chlamydia screening is available for under 25s only.

Students living in Nottingham City can access free online STI testing, repeat contraception and emergency contraception online at sh24.org.uk

Students living Nottinghamshire (Sutton Bonington/Kegworth) can access screening from freetest.me

If you're at Sutton Bonington or in Kegworth, you may find it easier to access the **Integrated Sexual Health Service in Loughborough.**

T: +44 (0)800 318 908 or +44 (0)300 124 0102

Let's be Clear on Consent

'Let's be Clear on Consent' is a campaign run by the SU and the University. It provides information about sexual consent, and tackles myths around consent.

W: nottingham.ac.uk/currentstudents/healthyu/lets-be-clear-on-consent.aspx

- Sexual consent is voluntarily agreeing to engage in sexual activity, and having the freedom and capacity to make that choice
- Sex without consent is a crime, known as rape or sexual assault
- Sexual consent can be withdrawn at any time
- You should only consent to sexual activity you feel comfortable with. And if you don't feel comfortable, don't do it

Where can I get support for sexual assault or rape?

The Topaz Centre provides specialist support for survivors of sexual assault and rape. If you need to speak to them, you can self-refer and talk either face to face or over the phone. If you're over 18 and don't want to report the assault to the police, you don't have to.

T: +44 (0)800 085 9993

E: notts.sarc@nhs.net

Nottinghamshire Sexual Violence Service provides a counselling phone line and face to face or email support. Their online six week programme, 'Creating Safety', is specifically for survivors of sexual violence.

T: +44 (0)115 941 0440

E: support@nottssvss.org.uk

W: nottssvss.org.uk

The Consent Coalition

The University of Nottingham are involved with the Consent Coalition who are a group of organisations within Nottingham who are working together to raise awareness of the importance of consent, banish myths about rape and sexual violence and encourage survivors and victims to access support and report any sexual violence. To find out more and access resources around consent visit <https://nottssvss.org.uk/consent-coalition/>

If you or someone you know has experienced or witnessed an incident of harassment, you can use **Report and Support** to tell the University Welfare team anonymously or ask to speak to an advisor. Speaking to an advisor does not mean that you are making a formal report to the university, it is there to enable you to access the support you need to make an informed decision. reportandsupport.nottingham.ac.uk

Safety on nights out

Nottingham Night Owls

Night Owls are a group of students who are here to help you stay safe on nights out. The Owls will make sure you get home safely and provide you with supplies including water, first aid, food and flip flops.

Spot them on patrol on Monday, Wednesday and Thursday nights. Pop over to say hello and grab a lollipop!

If you or a friend need help getting home safely, **call the Night Owls between 12 midnight – 4am on +44 (0)115 784 1580**

Safer Taxi Scheme

Your SU and Unicab have teamed up to make sure you can always get a safe taxi ride home.

Text UNICAB at 80818 to get yourself on the fixed price list, call +44 (0)115 9 500 500, or book through the Unicab app.

Don't have enough cash to get home? No problem:

- Ring Unicab and let them know you want to use the UoN emergency Taxi Scheme
- Tell them who you are, what your student number is and where you want to go
- Show your student ID when your taxi arrives
- Get home safely!
- Head to the Students' Union Reception in Portland Building the next day to pay



Alcohol and drugs

Stay safe on nights out. Follow these really easy steps to make sure your night goes without a hitch
(Source: [Drinkaware.com](https://www.drinkaware.com))

- Plan your night out and make sure you have a safe way to get home – make a note of the Safer Taxi Scheme
- Know your limits. The recommended limit is no more than 14 units per week
- Don't drink on an empty stomach, and make sure you drink plenty of water
- Don't drink every day – there are lots of activities at University that don't involve alcohol
- Don't accept drinks from people you don't know and don't leave your drinks unattended
If you think your drink has been spiked, ask a friend or staff member in the venue for help

If you're dealing with a drug or alcohol problem, or if you're worried about a friend, get in touch with one of our many support services for information and advice.

Nottingham Recovery Network provides support, advice and treatment to anyone using alcohol or drugs in a problematic way. If you're worried about drugs or alcohol, visit their website. It has a great set of resources you can use, and they run a freephone helpline six days a week.

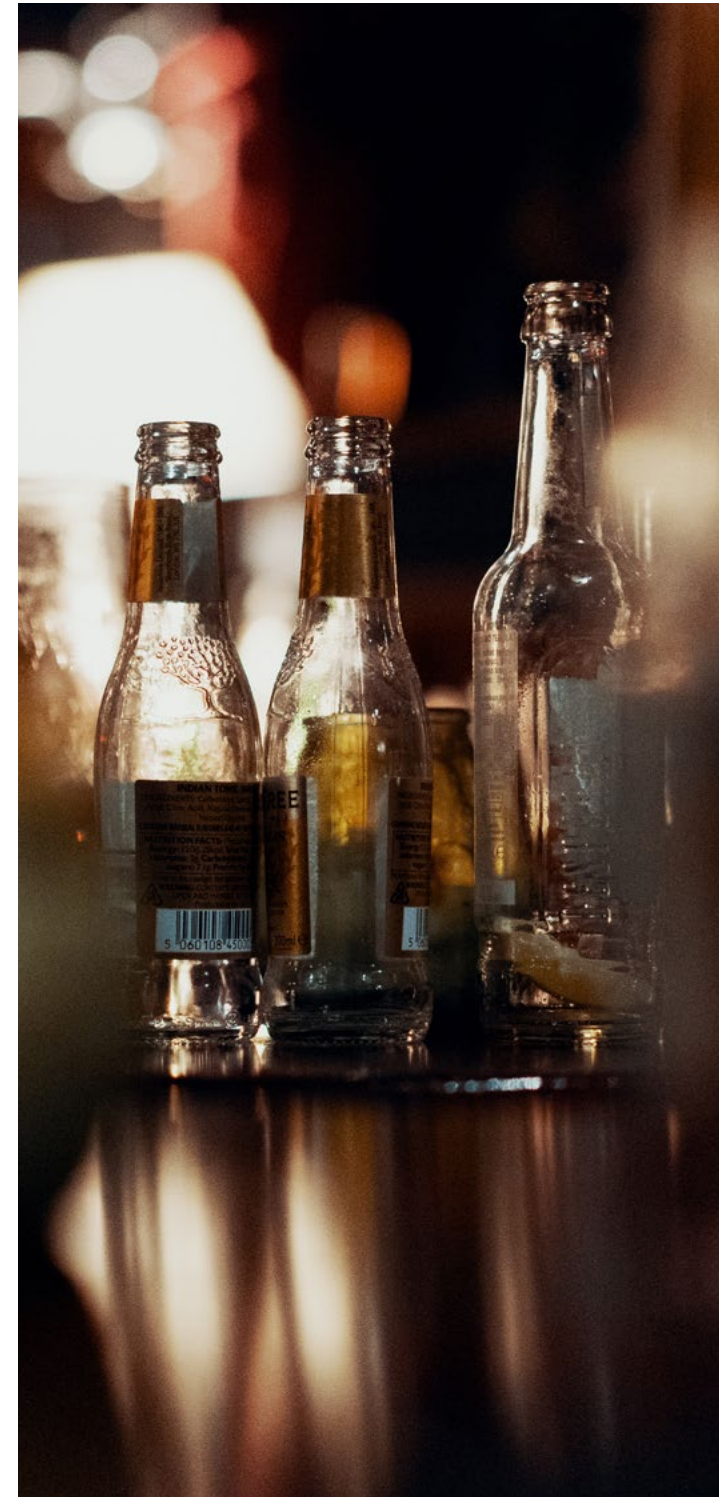
T: +44 (0)800 066 5362

W: [nottinghamrecoverynetwork.com](https://www.nottinghamrecoverynetwork.com)

Support for students at SB:

New Directions (a drug and alcohol service)

T: +44 (0)115 896 0798



Support in your school or department

When you arrive at University, you'll be assigned a personal tutor or supervisor. They'll guide you through your studies, and they're your key contact in your school for any problems you may face. Make sure you meet them regularly so you can make the most of their support.

If your situation is more complex, speak to your school or department's Support and Wellbeing Officer. They'll be able to signpost you to appropriate support services. You'll find their contact details on the University's website: nottingham.ac.uk/studentservices/services/student-welfare-support.aspx

If you find that you're struggling to keep on top of your academic work, make sure you talk to your tutor, supervisor or Support and Wellbeing Officer as soon as possible. There's lots of help available to get you back on track, and they'll be able to point you in the right direction.

Graduate School

If you're a postgraduate, you can access the Graduate School for support. They offer training and development opportunities, placements, and five dedicated study spaces, as well as practical advice to support your studies. The Graduate School is based in Highfield House on University Park, and you can find the postgraduate study spaces here:

University Park: C.08, Engineering & Science Learning Centre

University Park: B Floor, Highfield House

Jubilee: B14-16, XU Yafen Building

QMC: C11, Medical School, Queen's Medical Centre (QMC)

Sutton Bonington: C Floor, The Barn

Accessibility: Academic and Disability Support

You can find the Academic and Disability Support teams in Cherry Tree Lodge on University Park. Are you an undergraduate or postgraduate with Specific Learning Difficulties? The Academic Support team can help you develop your learning strategies. During the first two weeks of the new academic year, Academic Support tutors run pre-bookable drop-in sessions on University Park campus from Monday to Friday between 10am and 3.30pm.

You can also book an appointment at a Service Centre for the drop in at Sutton Bonington.

If you consider yourself disabled or have a long term medical condition, the Disability Support team are here to offer you support and advice. During the first two weeks of the new academic year, Disability Support run drop-in sessions at University Park campus. Come and visit us from Monday to Friday between 10am and 4pm to speak to someone and make an appointment.

E: disability-support@nottingham.ac.uk

T: +44 (0)115 951 5992

Student Networks

Your SU is home to lots of different support Networks and each one has its own elected student Officer to represent their members' views to the SU and University.



Welfare Network

The Welfare Network brings together SU and University staff, students and representatives from welfare services to run campaigns on welfare and wellbeing. These include Sexual Health, Stress Less, University Mental Health Day and Anti-Loneliness campaigns.

The Network runs events like monthly Wellbeing Cafés, gives out flyers and promotes its campaigns through social media.

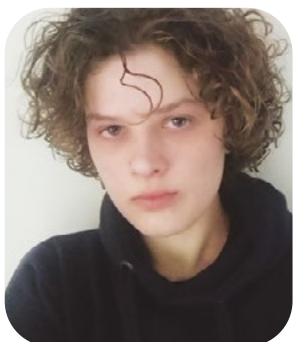
Welfare and Wellbeing Officer: Alice Kosse ([she/her](#)). Email Alice at: suwelfare@nottingham.ac.uk



Postgraduate Students' Network

If you're a postgraduate student (whether research or taught) the Postgraduate Students' Network is here to represent you. It also helps build community among postgraduates like you by organising events and activities. Would you like to find out more - including how to get involved with exclusive events?

Postgraduate Officer: Brad Ewles ([he/him](#)). Email Brad at: supgofficer@nottingham.ac.uk



LGBT+ Network

The LGBT+ Students' Network is here to represent all of you who identify as LGBT+.

It runs a wide range of social events and works with local LGBT+ organisations across Nottingham. Interested in getting involved with the Network, or fancy meeting new people at an event?

LGBT+ Officer: Barbara Sledz ([any pronouns](#)). Email Barbara at: sulgbofficer@nottingham.ac.uk



Environment and Social Justice Network

Are you interested in social justice issues? Do you want to do your bit to help the environment? The Environment and Social Justice Network may be for you! Led by the ESJ Officer, Martha Roberts, the Network campaigns on environmental issues and works with political societies.

Environment Officer: Hamza Housman ([he/him](#)). Email Hamza at: suenvironment@nottingham.ac.uk



International Students' Network

The University is home to a really diverse community, and many of you have travelled from outside the UK to study here. The International Students' Network brings you all together, represents your views within the SU and University and organises a range of inclusive events throughout the year, including International Festival Week!

International Students' Officer: Sharlene Kirubi ([she/her](#)). Email: suinternationalofficer@nottingham.ac.uk



Mature Students' Network

If you're 21 or over when you start studying with us, you automatically qualify to join the Mature Students' Network. Your Mature Students' Officer works closely with the full time Officers to voice your concerns to the SU and University and organises events throughout the year, including family friendly get-togethers and quieter social gatherings.

Mature Students' Officer: Becca Craven ([she/her](#)). Email Becca at: sumatureofficer@nottingham.ac.uk



Black and Minority Ethnic Students' Network

Do you self-identify as BME? Then the BME Students' Network is here for you. It represents all BME issues within the SU, University and the wider community. It also campaigns on inequalities such as the BME attainment gap, and challenges hate crime. Fancy getting involved and finding out about the Network's events?

Black and Minority Ethnic Officer: Jennifer Rai (she/her). **Email Jennifer at:** submeofficer@nottingham.ac.uk



Women*'s Network

The Women*'s Network is an inclusive network that challenges and campaigns against discrimination faced by women* because of their gender. The Network is a safe and supporting environment, and organises regular socials, discussions and campaigns throughout the year.

Women*'s Officer: Emily Garton (she/her). **Email:** suwomensofficer@nottingham.ac.uk

the Women's Network is trans and intersex inclusive, and includes people with complex gender identities that include 'women' and/or those who experience oppression as women.



Disabled Students' Network

If you self-define as disabled, then the Disabled Students' Network is here to represent you. It supports and empowers individuals, and regularly organises trips and social events.

Disabled Students' Officer: To be elected in Autumn Election. **Email:** sudisabledofficer@nottingham.ac.uk

Education Network

The SU's Education Network is a collection of almost 700 student academic reps, led by the Education and Postgraduate Officers.

And its purpose? To represent and advocate you and your interests when it comes to your academic experience at Nottingham. From timetabling and lecture capture to accessibility, welfare and studying abroad, the Network helps bring about the changes you want, and makes sure your feedback and experiences are included in University decisions about education policy.

More than 600 of our undergraduates and postgraduates are Course Reps, and it's their job to represent you to University staff at regular Learning Community Forum (LCF) meetings. So if you want to change the way things are run in your School or Department, or give feedback to staff in your School, get in touch with your Course Rep who can share your views in the next LCF.

Not sure who your Course Rep is? Check your Moodle page or contact the SU's Representation and Development team at sucoursereps@nottingham.ac.uk



Directory of support services

Accessibility Team

T: +44 (0)115 823 2070

W: nottingham.ac.uk/go/disability-support

Campus security

Emergency: +44 (0)115 951 8888 Non-emergency: +44 (0)115 851 3013

Chaplaincy and Faith Support

Oasis, A Floor, University Park

B Floor Xu Yafen Building, Jubilee Campus

B Floor, The Barn, Sutton Bonington

Counselling service

The Orchards, University Park,

Nottingham, NG7 2RD

T: +44 (0)115 951 3695

E: counselling.service@nottingham.ac.uk

Cripps Dental Centre, University Park, Nottingham, NG7 2RD

T: +44 (0)115 951 3099

Cripps Health Centre, University Park, Nottingham, NG7 2RD

T: +44 (0)115 846 8888

Harassment and hate crime

W: reportandsupport.nottingham.ac.uk

Harmless

E: info@harmless.org.uk or tomorrow@harmless.org.uk

W: tomorrowproject.org.uk

HealthyU

W: nottingham.ac.uk/currentstudents/healthyu

Let's Talk Wellbeing

T: +44 (0)115 956 0888

E: letstalknottingham@nottshc.nhs.uk

Neighbourhood concerns helpline

T: +44 (0)115 846 8666

Nightline

T: +44 (0)115 951 4985 E: nightlineanon@nottingham.ac.uk

IM: nottinghamnightline.co.uk/instant-messaging Skype: Nottingham.Nightline

Nottingham Night Owls

T: +44 (0)115 794 1580

Nottingham Recovery Network

T: +44 (0)800 066 5362 W: nottinghamrecoverynetwork.com

Nottingham Sexual Health Service

T: +44 (0)115 962 7627 W: nuh.nhs.uk

Nottinghamshire Sexual Violence Service

T: +44 (0)115 941 0440 E: support@nottssvss.org.uk

Orchard Surgery

The Dragwell, Kegworth, Derby, DE74 2EL

T: +44 (0)1509 672 419

Unicab Scheme

T: +44 (0)115 9 500 500

Student Minds 'Positive Minds' Group

E: positivenottingham@studentminds.org.uk

Student Service Centres

T: +44 (0)115 748 6500

W: nottingham.ac.uk/student-services/contact-us/locations.aspx

Students' Union Advice

C Floor, Portland Building, University Park, Nottingham, NG7 2RD

T: +44 (0)115 846 8730 E: suadvice@nottingham.ac.uk

Topaz (sexual assault referral centre)

T: +44 (0)800 085 9993 E: notts.sarc@nhs.net

Trent PTS (psychological therapies service)

T: +44 (0)115 896 3160 E: enquiries@trentpts.co.uk

Welfare Officers in Schools

W: nottingham.ac.uk/student-services/services/welfare-support.aspx

W: nottingham.ac.uk/student-services/healthwelfare/welfare-support.aspx

Sources of support

	University	Students' Union	External
Academic concerns	Personal tutor, school Welfare Officer, Academic Support	Students' Union Advice, peer mentoring schemes, Nightline	
Anxiety	University Counselling, GP/Cripps	Nightline	Let's Talk Wellbeing, Trent PTS
Depression	University Counselling, GP/Cripps	Nightline, Student Minds 'Positive Minds' peer support	Let's Talk Wellbeing, Trent PTS
Disability support	Disability Liaison Officers, Disability Support team	Disabled Students' Network	
Eating disorders	University Counselling, GP/Cripps	Nightline	
Emergency	On campus 24/7: University security +44 (0)115 951 8888 Off campus: Emergency services 999		
Estrangement			Let's Talk Wellbeing, Trent PTS StandAlone
Financial concerns	Student services Financial Support team	Students' Union Advice	
Hate crime reporting	Report + Support	Students' Union Advice	
Housing concerns	Hall wardens and residential tutors, off-campus affairs	Students' Union Advice	
Panic attacks	University Counselling, GP/Cripps	Nightline	Let's Talk Wellbeing, Trent PTS
Religion or spirituality	Chaplaincy	Student faith societies	
Self harm	University Counselling, GP/Cripps	Nightline	Harmless
Sexual assault, harassment or rape	Harrassment email, University Counselling, GP/Cripps Report + Support	Students' Union Advice, Nightline	Topaz Centre, Nottinghamshire Sexual Violence Service
Sexual health	GP/Cripps	C-Card (SU Advice)	Nottinghamshire Sexual Health Service
Substance misuse (alcohol and drugs)	GP/Cripps	Nightline	Nottingham Recovery Network

