

## **Mental Health Resources and Contact Information**

### **Emergency Mental Health CRISIS**

**NHS Urgent Mental Health Helpline:** Call **111** and select option 2 if you are experiencing a mental health crisis and need access to urgent support. Help is available 24 hours a day, 7 days a week and calls are free. You will be connected to an available professional in your local NHS mental health service.

**Samaritans:** To talk about anything that is upsetting you, you can contact the Samaritans 24 hours a day, every day. You can call 116 123 (free from any phone).

**Papyrus (Prevention of Young Suicide):** For confidential suicide prevention advice contact HOPELINE 247, available 24 hours a day, every day on 0800 068 4141.

**Shout:** If you would prefer not to talk but want some mental health support, you could text SHOUT to 85258. Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.

## **The University of Essex resources available;**

### **Wellbeing Team – University of Essex**

01206 873133

Email: [studentsupport@essex.ac.uk](mailto:studentsupport@essex.ac.uk)

[www.essex.ac.uk/student/emergencies/medical-and-mental-health-emergencies](http://www.essex.ac.uk/student/emergencies/medical-and-mental-health-emergencies)



## **University of Essex OUT OF HOURS support – Below are not mental health crisis services (Please call NHS 111 for Mental Health Crisis)**

**Student Wellbeing Support Line:** A 24-hour phone line for University of Essex students, provided by HealthHero (previously known as Validium). The number is 0800 970 5020 (outside UK: +44 141 271 7168)

**SilverCloud:** An online cognitive behavioural therapy (CBT) resource offering a range of programmes on mental health, wellbeing, and long-term conditions.

**Togetherall** is a safe, online peer-to-peer mental health community that empowers individuals to anonymously seek and provide support 24/7. To sign up, go to [togetherall.com](https://togetherall.com) and use your student email address to register as a member of a university or college.

**Student Space** is an online mental health support service provided by Student Minds, available every day, 4-11pm (or 24hr support via text message)