

JCR

Lydia Bellis
VP Welfare and Education
l.bellis@lancaster.ac.uk

Simon Arnold
Welfare Officer
s.arnold@lancaster.ac.uk

Yifei Zhong
Welfare Officer
y.zhong3@lancaster.ac.uk

Senior Staff

Luke Gacesa
College Services Manager

Chantelle Clark
College Assistant

Contact via:
pendlecollege@lancaster.ac.uk
01524 592611

Sara Mellen
College Wellbeing Officer
Based opposite the College Office
Make an appointment via:
pendlecat@lancaster.ac.uk
<https://www.lancaster.ac.uk/student-and-education-services/counselling-and-mental-health-service/>

PENDLE COLLEGE WELFARE SUPPORT

On-Campus Services

Wellbeing, Counselling and Mental Health Services

Offers help to students needing counselling for personal and mental health issues such as depression and anxiety. They also run advice sessions for more general welfare topics such as housing, health, studies etc.
counselling@lancaster.ac.uk

Nightline

Confidential listening and advice service run by students, giving an ear to listen to any worries at night time. All calls are anonymous and confidential.

01524 594444
nightline@lancaster.ac.uk
10pm-8am

Lancaster University Health Centre

On campus health centre located near the pre-school
Appointments: 01524 387780

College Advisor Team (CAT)

Available to listen and give advice on welfare issues.
pendlecat@lancaster.ac.uk

The Deanery

Available for advice on student behaviour issues
pendledeanery@lancaster.ac.uk

If you're still not sure who to go to for help and support, feel free to ask any of the JCR, Senior Staff, or message the college no matter the problem!

In an emergency, if you are on campus call:
The Porters at 01524 592630
Security at 01524 594541
If off-campus call 999

Other Services

Lancashire Care NHS Foundation Trust

Helpline for anyone in Lancashire, providing a free listening and advice service for concerning the mental health of you or anyone you may know
Mon-Fri: 7pm-11pm
Sat-Sun: 12pm-2am
0800 915 4640

Samaritans

Free, confidential and anonymous listening service for any issues that are getting to you. They focus more on thoughts and feelings rather than details so can help to think things through and explore your options.
Call Free 24/7 on 116 123

Online Services and Apps

SilverCloud

Self-help programme to help understand stress, anxiety and depression

Calm

Meditation techniques to help sleep and stress

Calm Harm

Support for resisting or managing self-harm

The College Advisor Team is made up of University Staff trained to provide welfare support for students in Pendle. They are available to speak to about any welfare issues you have and you can contact them via email to arrange an appointment!