



Do you or someone you know
need help in a
crisis?

University of
Northampton

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If you require urgent medical attention.

Phone 999 in an emergency or attend Accident & Emergency (A&E). If you have taken an overdose or are worried about the severity of your self injury, also seek urgent medical attention.

Feeling suicidal.

If you are experiencing thoughts about suicide make a deal with yourself that you will not act just yet. Tell someone else how you are feeling or find someone to be with you. If that's not possible, talk to one of the following:

NHS 111 or emergency GP appointment

NHS 111 is available 24/7 if you need medical help or advice.

NHS mental health help: **Where to get urgent help for mental health - NHS.**

Northamptonshire NHS 24/7 mental health hub number: **0800 448 0828**

Spectrum Life .

Spectrum life 24/7 confidential counselling helpline, free to all UON students using organisation code: **UONWELL**.

UK freephone: **0800 031 8277**.

International Number: **0035 1518 0277**.

SMS and WhatsApp: Text "**Hi**" to **07418 360 780**.

Samaritans

Available 24/7, tel **116 123** or email **jo@samaritans.org**

SHOUT Crisis Messenger

24 hour service for young people under the age of 25.

Text SHOUT to **85258** to connect.

Hopeline UK

Tel 0800 068 4141, text 07786 209 697.

Email **pat@papyrus-uk.org**

Open Mon- Friday 10am-10pm, Sat- Sun 2pm-10pm and Bank Holidays 2pm- 10pm.

Crisis Cafes.

Crisis cafes are available to help anyone who find themselves in crisis or in need of support with their mental health. They are free to drop by to during their opening times. For more information, click here or visit: **nhft.nhs.uk/crisis-cafe/**

Talking to someone.

It may help you to gain a different perspective, ease feelings of loneliness or isolation and find strategies to move forward with self care and compassion.

Family - help them help you by showing them the 'Worried about someone else?' page from **studentsagainstdepression.org**.

Friends or other students - can be very supportive, but be realistic about what they can and can't do.

Anonymous listening - phone the Samaritans, tel **116 123**.

Professionals - such as a counsellor or a mental health professional. UON offer a daily drop-in service: **www.eventbrite.co.uk/e/counselling-and-mental-health-team-telephone-drop-in-tickets-101727260976**.

It is also recommended that you contact your GP/ Doctor.

Northamptonshire Healthcare text service - if you find it difficult to talk on the phone, you can text NHS Mental Health Hub, Monday-Friday 9am-5pm. Responses within 24 hours: **07480635531**.

If your worries are course related - you could speak with the Student Support & Advice Team by emailing **studentsupportofficers@northampton.ac.uk**.

Personal Academic Tutor - make an appointment to discuss any academic worries and to ensure they are aware of difficulties you are experiencing with your studies.

Multi-Faith Chaplains are experienced in providing pastoral care and are always happy to offer advice and a listening ear to students; regardless of faith, belief, sexuality or gender and the nature of your worries. You are welcome to seek support from the **Multi Faith Centre** based at Waterside Campus.



Self-care strategies.

Make a commitment to care for yourself as best you can for the moment, your safety overrides everything else. Consider what it would take to keep you safe.

Reduce the risk of acting impulsively by removing dangerous objects from reach, discarding pills or making them inaccessible to make impulsivity harder.

Avoid alcohol and drugs which may reduce inhibitions and increase your chances of doing something you may later regret.

Minimise time spent alone - depression and suicidal thinking thrive in isolation. Try to minimise time spent alone in your room - take work to the library, ask friends to be with you at vulnerable times, make plans ahead for weekends and other lonelier times, generally work on building your support networks such as joining a Student Union society.

Address your thinking, what is stopping you from seeking help now?

Set yourself small goals and a plan to get through the next minute/hour/day.

Get some sleep – you may wake up feeling slightly calmer.

Distraction may help. Engage yourself in activity even if you gain little enjoyment to try and focus on something else until the feeling passes and you feel safer.

Write it down – writing things down can be very therapeutic. You can read about how other have managed to survive emotional crises and suicidal thoughts on studentsagainstdepression.org.

Reflection.

Time for reflection and making a note of what you have found most helpful today.

What has helped you keep safe today?

Who do you feel most comfortable contacting for support?

What steps will you take if you have another set back?

Contact us.

**Counselling and Mental Health
Team.**

Mental Health Service
mha@northampton.ac.uk

Counsellors
counsellors@northampton.ac.uk

**University Drive Northampton
NN1 5PH**

