



It's

Okay

to ask for

Help



Durham University Counselling & Mental Health Service

Palatine Centre, Durham, DH1 3LE

Tel.: 0191 334 2200 ; Email: cmh.service@durham.ac.uk

❖ Durham Nightline: Open 9pm - 7am every night of term ❖

Other Free Counselling Support

Nilaari: request up to six free counselling sessions by providing Durham email address and banner id number. Self-refer to: nilaari@nilaari.co.uk.

Talking Changes: An NHS-funded counselling service. Self-refer at www.talkingchanges.org.uk.

☂ Physics Departmental Listener ☀

Speak to a staff member regarding issues in health and wellbeing, or others.



Crisis

— *if you feel you are a risk to yourself or others*

- Contact your GP, or out-of-hours NHS support at phone number **111**. If life-threatening case, go to A&E, or call **999**.
- Local NHS mental health Crisis Team talking support 24/7 at **0800 0516171**.
- The Samaritans offer a 24/7 listening service (anonymous). Call **116 123**.