MENTAL HEALTH SUPPORT

SUPPORT & ADVICE FOR STUDENTS

LOCAL SUPPORT ORGANISATIONS

Sheffield Hallam University

Sheffield Hallam University provides extensive mental health & wellbeing services to support their students throughout their studies. Their website offers support, advice, & even wellbeing classes.

TAP OR SCAN HERE

University of Sheffield

The University of Sheffield offer wellbeing support to all their students. Access all resources including self-help guides and appointments with your wellbeing advisor by scanning the QR code.

TAP OR SCAN HERE

Hallam Students' Union

Sheffield Hallam Students Union offers some great mental health and wellbeing support, including one-to-one drop in sessions, an urgent wellbeing support line & many resources.

TAP OR SCAN HERE





NATIONWIDE SUPPORT ORGANISATIONS

FOR STUDENTS & YOUNG PEOPLE

PAPYRUS
PREVENTION OF YOUNG SUICIDE

Call: 0800 068 41 41

Hopeline UK: 07860 039967 a free confidential support service for young people under 35 experiencing suicidal thoughts, 9am – 12am, 365 days a year.

TAP OR SCAN HERE

Hub of Hope

Helps you to instantly find local and tailored information to support your mental health & wellbeing during University.

TAP OR SCAN HERE

student minds

The UK's student mental health charity. Empowering students and members of the university community to look after their own mental health, support others and create change.

TAP OR SCAN HERE

YOUNGMiNDS

Young Minds provide informative mental health advice and support for young people, focusing on inclusivity and diversity.

TAP OR SCAN HERE



NATIONWIDE SUPPORT ORGANISATIONS

FOR ANYONE IN NEED

NHS Every Mind Matters provides support advice and guidance in partnership with Public Health England and the NHS.

TAP OR SCAN HERE

Call: 116 123 for free (open 24 hrs a day, 365 days a year)

Email: jo@samaritans.org

TAP OR SCAN HERE

The Campaign Against Living Miserably (CALM) is a charity providing a mental health helpline and website. The website offers practical advice for anyone struggling with their mental health and for those who are worried about someone else, also offering support after a suicide. There is also a webchat function.

TAP OR SCAN HERE

Call: 0800 58 58 58 (open 5pm – midnight, 365 days a year)

A mental health charity in England and Wales supporting children, young adults and adults with their mental health and wellbeing. The telephone services aims at providing an information and signposting service.

TAP OR SCAN HERE

Call: 0300 123 3393 (9am – 6pm, Mon – Fri)
Email: info@mind.org.uk

Shout 85258 is a free, confidential mental health text support service for anyone in the UK who is struggling to cope. They can help with a range of issues including depression, anxiety, suicidal thoughts, relationship problems, bullying or feeling overwhelmed.

TAP OR SCAN HERE

For urgent help text: SHOUT to 85258 (open 24hrs a day, 365 days a year) for support from a trained Crisis Volunteer.

