Don’t know who to call for support?

Do you have the occasional bad day, but feel like it is manageable?

**Self-Care and Relaxation**

Call Friends and Family
or Online self-help resources via lancaster.ac.uk/wellbeing

Do you want support with university life and personal concerns or advice about who to talk to?

**College Advisor Team**

Email your College Advisor Team
or Postgraduates email gradwellbeing@lancaster.ac.uk

Do you have mild to moderate mental health difficulties or support with general wellbeing?

**College Wellbeing Officer**

lancaster.ac.uk/wellbeing
or Email your College Advisor Team or Your Doctor

Do you have a mental health diagnosis or severe/enduring mental health difficulties?

**Mental Health Advisor or Counsellor. Referral**

or to external services if required

lancaster.ac.uk/wellbeing
or Your Doctor

Are you vulnerable or at risk to yourself or others, and possibly in need of emergency help?

**Emergency Services or NHS**

NHS Direct - 111
or Your Doctor

In case of emergency:

**On campus:** call 999, followed by security who can direct them on 01524 594541

**Off campus:** call 999

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**Glossary**

**Counsellors:** Trained professional, to work to help explore the root of psychologcial issues and develop coping strategies for university life

**Mental Health Advisors:** Trained professional, to work with students to help manage risk and severe/enduring mental health issues and develop coping strategies for university life

**College Wellbeing Officers:** Trained professional, work with students to support their wellbeing and mild/moderate mental health issues and develop coping strategies for university life

**College Advisory Team:** Members of staff, who offer guidance on practical issues and signpost to support services

**Mild to moderate mental health:** When a person has a number of symptoms that have a limited or moderate effect on their daily life

**Severe/enduring mental health:** When a person has many symptoms that can make their daily life extremely difficult for a prolonged period of time