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?

Low intensity therapeutic groupwork programme or one-to-one

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?

One-to-one or therapeutic groupwork programme

Mental Health Advisor or Counsellor. Referral to external services if required
lancaster.ac.uk/wellbeing

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

Wellbeing drop-ins:
The College Wellbeing Officers also run a Wellbeing Drop-In every weekday evening during term-time, between 6-7pm in the Security Lodge, next to the Chaplaincy Centre operated on a first-come-first-served basis, for a 20 minute slot.

Glossary
Counsellors: Trained professionals to work to help explore the root of psychological issues and develop coping strategies for university life
Mental Health Advisors: Trained professionals 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 professionals to 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