

## Broadgate Park Warden – Advice on Support Networks and Useful Information During Exams

University Counselling Service *Tel: 0115 9513695*

Nottingham Nightline - anonymous listening and support service. Nightliners are on duty every night from 7pm - 8am during term-time to listen to any problem you may have. *Tel: 0115 951 4985*

Samaritans - 24-hour confidential emotional support service. *Tel: 08457 90 90 90*

Wellness in Mind offers emotional support and referrals to other services in the Nottingham area (must be registered with a Nottingham GP) *Tel: 0800 561 0073*

Academic Support

Student Services Centre *Tel: 0115 748 6500*

Student Advice Centre (Portland Building) *Tel: 0115 846 8730*

School welfare support

### Useful leaflets

- Dealing with anxiety and panic attacks
- Coping with loss and bereavement
- Eating difficulties - get support
- Overcoming depression
- Surviving trauma and disaster
- BBC emotional health

### Useful Links

- University Financial Support
- The Money Doctors
- Eat well (HealthyU)
- Keeping active (HealthyU)
- Alcohol, drugs and smoking (HealthyU)