



## **I need some help now!**

The University Counselling Service is unable to provide an emergency service and does not offer on-call or acute psychiatric treatment. If you, or the person you are concerned about, need to see or talk to someone immediately, please contact the following as appropriate:

- Your GP or the University Health Service: Tel. 0114 222 2100, Internal: 22100.
- NHS Direct: Tel. 0845 4647.
- The nearest Hospital Accident and Emergency Department. For the Northern General Accident and Emergency Department, Tel. 0114 243 4343.
- The Emergency Services: Tel. 999.
- The University Security Service: Tel. 0114 222 4085, Internal: 24085.
- Nightline - Tel: 222 8787 (listening line) 222 8788 (Info line). PLEASE NOTE: This is a term time only service.
- The Samaritans: Tel. 08457 909090.
- Student Support and Guidance (Critical Support): Tel. 0114 2224321, Internal 24321
- Chaplaincy: Te. 0114 222 8923

**November 08**