

University Medical Service

www.umsuea.co.uk

01603 251600

MENTAL HEALTH RESOURCES - Information for Patients

PATIENT RESOURCES

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| 1. University Medical Centre | See further info > mental/student health | www.umsuea.co.uk |
| 2. Patient.co.uk | Menu > health info > A-Z | www.patient.co.uk |
| 3. Royal College of Psychiatrists | Good leaflets with translations | www.rcpsych.ac.uk/expertadvice.aspx |
| 4. NSFT Pharmacy | Info re medication for mental health issues | www.choiceandmedication.org/nsft/ |

UNIVERSITY (UEA) HELP (INCLUDING INFORMATION ON MENTAL HEALTH SERVICES)

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| 5. Student Services (SS)
(e) studentsupport@uea.ac.uk
(t) 01603 592761 | Offers support for students with emotional, mental health & physical or learning difficulties. Counselling, workshops etc | https://portal.uea.ac.uk/student-support-service |
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OTHER SELF HELP

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| 6. ESC Expert Self-Care app | Helpful free app with lots of suggestions for health in general. Links for mental health under Mind; further Info | www.expertselfcare.com/health-apps/esc-student |
| 7. ESC distrACT app | To support those who self-harm or have suicidal thoughts | www.expertselfcare.com/health-apps/distract or Calm Harm |
| 8. Worry Tree app | Take control of your worries, one day at a time... | www.worry-tree.com/worrytree-mobile-app |
| 9. Living Life to the Full | | www.lltff.com |
| 10. Mood Gym | | www.moodgym.anu.edu.au |
| 11. CBT self-help resources | | www.getgg |
| 12. NHS Mental health Self-help guides | | https://web.ntw.nhs.uk/selfhelp/ |
| 13. Student Minds (the UK's student mental health charity) | | www.studentminds.org.uk |
| 14. MIND (t) 0300 123 3393, Mon-Fri, 09:00-18:00hrs, Elefriends on line community. Offers local counselling | | www.mind.org.uk/ |
| 15. SANE (t) 0300 304 7000 - info & resources & helpline, 16:30-22:30hrs | | www.sane.org.uk |
| 16. CALM (t) 0800 585 858 - preventing male suicide - helpline 17:00hrs-midnight | | www.thecalmzone.net |
| 17. Moodjuice | | www.moodjuice.scot.nhs.uk |

OTHER LOCAL SUPPORT GROUPS & SERVICES IN NORFOLK & WAVENEY

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| 18. NHS Wellbeing Service
(t) 0300 123 1503 | Self-referral for CBT based counselling & group therapy | www.wellbeingnands.co.uk |
| 19. EVOLVE (Transgender group at MAP)
(t) 01603 766994 (e) evolve@map.uk.net | Mancroft Advice Project - gives general support to 11-25yr olds) | www.map.uk.net |
| 20. Time Norfolk Pregnancy Loss Charity
(t) 03333 058 552 / 01603 927487 | Pregnancy loss counselling service | www.timenorfolk.org.uk |

EATING DISORDERS SELF HELP WEBSITES

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| 21. Eating Matters | | www.eatingmatters.org.uk |
| 22. Beat Eating Disorders
Beat Helpline (t) 0808 801 6677 Beat Youthline <25yrs old (t) 0808 801 0711 | | www.b-eat.co.uk |

SELF HELP REFERRAL FOR ALCOHOL & SUBSTANCE MISUSE

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| 23. CLG (Change, Grow, Live Norfolk) (t) 01603 514096 | | www.changegrowlive.org |
| 24. Matthew Project | | www.matthewproject.co.uk |
| 25. FRANK | | www.talktofrank.com |

SELF HELP REFERRAL FOR SEXUAL ASSULT/ABUSE (CURRENT OR IN THE PAST)

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| 26. The Harbour Centre | (t) 01603 276381 | www.theharbourcentre.co.uk |
| 27. Sue Lambert Trust | (t) 01603 622406 | www.suelamberttrust.org |
| 28. National Association for People Abused in Childhood | (t) 0808 801 0331 | https://napac.org.uk |
| 29. Leeway
24hr Domestic abuse helpline | (t) 0300 561 0077 | www.leewayssupport.org |

LOCAL LOW COST COUNSELLING SERVICES

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| 30. Off the Record Counselling Service
The Surgery, 1 Trinity Street, Norwich, NR2 2BG (t) 01603 626650 | www.otr-norfolk.org.uk
Offers counselling to anyone who needs it
Contribution requested toward costs whenever possible | |
| 31. St Barnabus Counselling Centre
Derby Street, Norwich, NR2 4PU
(t) 01603 625222 | www.stbcc.org.uk (e) counselling@stbcc.org.uk
1-2-1 counselling for anyone experiencing emotional difficulties which they feel unable to resolve alone. Client donations negotiable | |
| 32. Mancroft Advice Project
The Risebrow Centre, Chantry Road, Norwich, NR2 1RF (t) 01603 766994 | www.map.uk.net
Free services to people aged 11-25, including information and advice on benefits, homelessness, drugs, sexual health and employment. Counselling available by appointment. Signpost for other young people's resources throughout Norfolk | |

INFORMATION ABOUT NON-NHS THERAPIES

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| 33. British Association for Cognitive and Behavioural Psychotherapies | | www.babcp.com |
| 34. British Association for Counsellors and Psychotherapists | | www.bacp.co.uk |
| 35. UK Council for psychotherapy | | www.psychotherapy.org.uk |
| 36. Information on professional bodies and qualifications | | www.counselling-directory.org.uk |

EMOTIONAL SUPPORT/CRISIS

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| 37. Samaritans | (t) 116 123 (free to call) or (t) 01603 611311 | www.samaritans.org |
| 38. UEA Nightline for students | (t) 01603 597158 22:00-08:00hrs every night of term | https://norwich.nightline.ac.uk/ |