

UWL ESSENTIAL CONTACTS

UWLSU Advice service

Email: Uwl.su@uwl.ac.uk

Number: 0208 231 2276



If you ever experience any difficulties on your course and need help, you can always access our free, confidential and supportive academic advice service. Our advisors can support you with extensions, mitigations, appeals, fitness to practise academic offence hearings and other academic hearings. We provide advice and guidance on how to go through processes at the University of West London. We are independent from the University.



UWL Welfare Service

Book an appointment:

<https://studenthub.uwl.ac.uk/>

Number: 020 8231 2313

The Welfare Team offers a confidential, safe and welcoming service to any student who is in crisis and feels they can't cope. You may be feeling low, anxious, home-sick or just struggling, no matter what the problem is, the Welfare Team will listen without judging and help you manage. The Welfare Team can help you cope and if you wish, guide you to our specialist Student Service Teams or external organisations for additional support. If you wish to speak to an adviser from the Welfare Team please book an appointment with us via our Student Hub platform

UWL Counselling Service

Book an appointment:

<https://studenthub.uwl.ac.uk/>

Number: 0208 231 2218



If you are struggling with your emotions or mental health, the counselling service is here for you. We offer professional, specialist therapeutic and psychological support for students wishing to explore any difficulties they may be experiencing. Our team of Counsellors provides a safe and confidential space to talk about your life and anything that may be confusing, painful or uncomfortable.



Togetherall

Website:

<https://togetherall.com/en-gb/>

This service provides peer-to-peer platform to enable our community to get support and feel better. Sign up to Togetherall for free using your UWL email address and get 24/7 anonymous mental health online support.



UWLSU

MENTAL HEALTH ESSENTIAL CONTACTS

NHS 111

Dial: 111



If you are experiencing an urgent medical problem (not life threatening) and you are unsure what to do about this, call 111. This service is open 24 hours 7 days a week. If you are deaf and need BSL please request this with 111



MIND

Info line: 0300 123 3393

Email: info@mind.org.uk

Text: 86463

Mental health charity that provides information and signposting service. Open 9am-6pm Monday to Friday expect bank holidays.

www.mind.org.uk

Support and resources for those with anxiety and panic attacks. Find plenty of resources on their website: www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/self-care-for-anxiety/

The Havens

0203 299 6900

www.thehavens.org.uk

Specialist centres in London for women, men, children; advising, supporting and treating those who have been raped or sexually assaulted (You must phone the centre you want to go to 1st to make an appointment)

Samaritans

116 123

www.samaritans.org.uk

If you would like to talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), email jo@samaritans.org or visit some branches in person. You can also call the Samaritans Welsh Language Line on 0808 164 0123 (7pm-11pm every day).

www.samaritans.org.uk

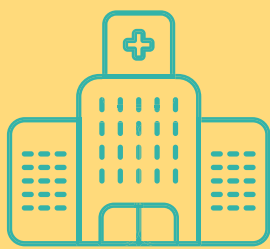
EALING ESSENTIAL CONTACTS

Florence Road/ Bramley Road GP Surgery

www.florenceandbramleyroadsurgeries.nhs.uk/
Number: 0208 567 2111



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Mattock Lane Sexual Health Clinic

0203 255 0084

Sexual health (GUM) clinics available to all of UWL students on a drop-in basis. Mattock Lane Health Clinic offers advice and support around contraception. Drop-ins Monday to Friday, 9.30am to 11.30am and some evenings in the week.

Ealing Hospital GUM Clinic

0208 967 5555



For emergency contraception, abortions, Hepatitis, HIV and SRI testing should go to Ealing Hospital (Pasteur Suite).



Ealing IAPT

0203 299 6900

www.thehavens.org.uk

Ealing IAPT (Improving Access to Psychological Therapies) provide free workshops and one-to-one talking therapy for people aged 18 years and over who are registered with a GP in the London Borough of Ealing. They can help treat:

- Low mood/depression
- Panic disorder
- Generalised anxiety disorder
- Health anxiety
- Social anxiety
- Specific phobia
- Post-traumatic stress disorder (PTSD)
- Obsessive compulsive disorder (OCD)
- Anger
- Insomnia
- Low self-esteem