

University Medical Service

www.umsuea.co.uk

01603 251600

MENTAL HEALTH RESOURCES - Information for Patients

PATIENT RESOURCES

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

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

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

OTHER SELF HELP

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

OTHER LOCAL SUPPORT GROUPS & SERVICES IN NORFOLK & WAVENEY

- | | | |
|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------|
| 17. NHS Wellbeing Service
(t) 0300 123 1503 | <i>Self-referral for CBT based counselling & group therapy</i> | www.wellbeingnands.co.uk |
| 18. EVOLVE (Transgender group at MAP)
(t) 01603 766994 (e) evolve@map.uk.net | <i>Mancroft Advice Project - gives general support to 11-25yr olds</i> | www.map.uk.net |

EATING DISORDERS SELF HELP WEBSITES

- | | | |
|----------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------|
| 19. Eating Matters | | www.eatingmatters.org.uk |
| 20. 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

- | | |
|-------------------------------------------------------|------------------------------------------------------------------------|
| 21. CLG (Change, Grow, Live Norfolk) (t) 01603 514096 | www.changegrowlive.org |
| 22. Matthew Project | www.matthewproject.co.uk |
| 23. FRANK | www.talktofrank.com |

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

- | | | |
|---------------------------------------------------------|-------------------|----------------------------------------------------------------------------|
| 24. The Harbour Centre | (t) 01603 276381 | www.theharbourcentre.co.uk |
| 25. Sue Lambert Trust | (t) 01603 622406 | www.suelamberttrust.org |
| 26. National Association for People Abused in Childhood | (t) 0808 801 0331 | https://napac.org.uk |
| 27. Leeway
<i>24hr Domestic abuse helpline</i> | (t) 0300 561 0077 | www.leewaysupport.org |

LOCAL LOW COST COUNSELLING SERVICES

- | | |
|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 28. Off the Record Counselling Service
The Surgery, 1 Trinity Street, Norwich,
NR2 2BG (t) 01603 626650 | www.otr-norfolk.org.uk
<i>Offers counselling to anyone who needs it
Contribution requested toward costs whenever possible</i> |
| 29. St Barnabus Counselling Centre
Derby Street, Norwich, NR2 4PU
(t) 01603 625222 | www.stbcc.org.uk (e) counselling@stbcc.org.uk
<i>1-2-1 counselling for anyone experiencing emotional difficulties which they feel
unable to resolve alone. Client donations negotiable</i> |
| 30. Mancroft Advice Project
The Risebrow Centre, Chantry Road,
Norwich, NR2 1RF (t) 01603 766994 | www.map.uk.net
<i>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</i> |

INFORMATION ABOUT NON-NHS THERAPIES

- | | |
|-----------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| 31. British Association for Cognitive and Behavioural Psychotherapies | www.babcp.com |
| 32. British Association for Counsellors and Psychotherapists | www.bacp.co.uk |
| 33. UK Council for psychotherapy | www.psychotherapy.org.uk |
| 34. Information on professional bodies and qualifications | www.counselling-directory.org.uk |

EMOTIONAL SUPPORT/CRISIS

- | | | |
|--------------------------------|------------------------------------------------------------|---------------------------------------------------------------------------------|
| 35. Samaritans | (t) 116 123 (<i>free to call</i>) or (t) 01603 611311 | www.samaritans.org |
| 36. UEA Nightline for students | (t) 01603 597158 <i>22:00-08:00hrs every night of term</i> | https://norwich.nightline.ac.uk/ |