

# Crisis and Urgent Support

## Sources of support outside University/outside of office hours

### EMERGENCIES

In an emergency, you can always **phone 999** or make your way to any **accident and emergency (A&E) department at your local hospital**. The closest to the University of Westminster campuses are:

University College Hospital  
235 Euston Road  
London NW1 2BU

T: **0845 155 5000** or **020 3456 7890**  
A&E T: **020 3447 0012** or **0083**

Northwick Park Hospital  
Watford Road  
Harrow  
Middlesex HA1 3UJ

T: **020 8864 3232**  
A&E T: **020 8869 3087** or **3088**

The Royal London Hospital  
Whitechapel Road  
London E1 1BB  
T: **020 3416 5000** or **0207 377 7000**

### GP/DOCTOR

For urgent support with your mental or physical health, you should contact your **GP/doctor**. If you are not registered with a GP, the Student Health Service can help you with finding a doctor.

### NHS 111

If you need urgent medical help, which is non-life threatening, you can phone 111 for free. You will speak to an adviser who can direct you to the most appropriate medical care for you.

### SINGLE POINT OF ACCESS

The Single Point of Access (SPA) offers mental health triages for routine, urgent and emergency referrals (24 hours a day throughout the year).

Self-referral is not possible, but GPs, police and other professionals can refer. Family or friends can also seek advice about referring.

[www.cnwl.nhs.uk/service/single-point-of-access-north-west-london-adult-community-mental-health-services/](http://www.cnwl.nhs.uk/service/single-point-of-access-north-west-london-adult-community-mental-health-services/)

### THE SAMARITANS

Emotional support for those feeling in distress or despair. You can talk to them anytime, in your own way, about anything that is affecting you.

Free T: **116 123**

E: [jo@samaritan.org](mailto:jo@samaritan.org) [www.samaritans.org.uk](http://www.samaritans.org.uk)

### LONDON NIGHTLINE

A student-run service offering confidential listening, support and practical information to students in London. Available in term time between 6pm and 8am.

T: **020 7631 0101** or text: **07717 989 900**

E: [listening@nightline.org.uk](mailto:listening@nightline.org.uk)

Skype: **londonnightline**

[www.nightline.org.uk](http://www.nightline.org.uk)

### FOR CONTRACEPTION, PREGNANCY & SEXUAL HEALTH ADVICE

contact your GP, an NHS walk-in centre or:

**BROOK HELPLINE** (sexual health & wellbeing for under 25 year olds)

Euston T: **0207 387 8700**

[www.brook.org.uk](http://www.brook.org.uk)

### RAPE CRISIS

If you have experienced rape, childhood sexual abuse and/or any other kind of sexual violence, you can get support from Rape Crisis.

T: **0808 802 9999** (available 12 noon - 2.30pm and 7pm - 9.30pm every day of the year)

[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

### VICTIM SUPPORT

If you have been affected by crime or traumatic events, you can get help from Victim Support.

T: **0808 1689 111**

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

### NATIONAL DRUGS HELPLINE (FRANK)

A confidential telephone service offering advice and information for those who are concerned or have questions about drugs.

T: **0300 123 6600**

[www.talktofrank.com](http://www.talktofrank.com)

### NATIONAL DOMESTIC VIOLENCE HELPLINE

Support if you are experiencing domestic violence or abuse.

T: **0808 2000 247**

[www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)

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# STUDENT & ACADEMIC SERVICES

Counselling & Student Health Services

## Crisis/Urgent Support

Sources of support outside the University/outside of office hours

You may also find the following links useful:

- [www.studentsagainstdepression.org](http://www.studentsagainstdepression.org)  
Information and advice on managing depression
- [www.studentminds.org.uk](http://www.studentminds.org.uk)  
The UK's student mental health charity
- [www.b-eat.co.uk](http://www.b-eat.co.uk)  
Support for anyone affected by eating disorders
- [www.mind.org.uk](http://www.mind.org.uk)  
Information and support if you are living with/supporting someone with a mental health problem
- [www.drinkaware.co.uk](http://www.drinkaware.co.uk)  
Help to reduce alcohol misuse and harm

**CONTACT US:**

### **Counselling Service**

Marylebone T: **0207 911 5000, ext. 66899**

**Email:** counselling@westminster.ac.uk

### **Student Health Service (term time only)**

Marylebone T: **0207 911 5000, ext. 65186**

Harrow T: **0207 911 5000, ext. 68224**

**Email:** student-health@westminster.ac.uk

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