

# STUDENT & ACADEMIC SERVICES

## Counselling and Mental Health Service

### **Crisis/Urgent Support**

Sources of support outside the  
University/outside of office hours

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**We are working in partnership with Spectrum.Life to provide Westminster students with 24/7 support.**

**UK freephone: 0800 031 8227**

**WhatsApp: Text 'Hi' to 07418 360780**

### **EMERGENCIES**

In an emergency, you should 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 0011

#### **The Royal London Hospital**

Whitechapel Road,  
London, E1 1FR  
T: 0207 377 7000

#### **Northwick Park Hospital**

Watford Road,  
Harrow,  
Middlesex, HA1 3UJ  
T: 020 8864 3232 A&E  
T: 020 8869 3088

### **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 you can find details of a local doctor at: [www.nhs.uk/Service-search/GP/LocationSearch/4](http://www.nhs.uk/Service-search/GP/LocationSearch/4)

### **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.

T: 0800 0234 650

E: [cnw-tr.spa@nhs.net](mailto:cnw-tr.spa@nhs.net)

<https://www.cnwl.nhs.uk/services/mental-health-services/adult-and-older-adult/single-point-access>

## **THE SAMARITANS**

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

Free T: 116 123

E: [jo@samaritans.org](mailto:jo@samaritans.org)

<https://www.samaritans.org/>

## **HOPELINE247**

If you are having thoughts of suicide or are concerned for a young person under the age of 35 who might be, you can contact HOPELINE247 for confidential support and practical advice.

Open 24 hours a day, 365 days a year

Call: 0800 0684 141

Text: 88247

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) <https://www.papyrus-uk.org/papyrus-HOPELINE/>

## **SHOUT**

If you're experiencing a personal crisis and are unable to cope and need support, text 'Shout' to 85258, a free 24/7 text service for anyone in crisis, anytime, anywhere. For help with suicidal thoughts, abuse or assault, self-harm, bullying, relationship challenges.

<https://www.giveusashout.org/get-help/>

## **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)

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

Contact: <https://www.brook.org.uk/contact-us/>

## **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 500 2222 (24/7 support line, available 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)

## **You may also find the following links useful:**

- [www.studentsagainstd Depression.org](http://www.studentsagainstd Depression.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
- [www.charliewaller.org](http://www.charliewaller.org)  
Info and resources to equip young people to look after their mental wellbeing

### **CONTACT US:**

Counselling and Mental Health Service  
Tel: 0207 911 5000, ext. 66899  
Email: [counselling@westminster.ac.uk](mailto:counselling@westminster.ac.uk)

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