



University of  
**Nottingham**  
UK | CHINA | MALAYSIA

The  
Wellbeing  
Team

# Mental health and wellbeing support

at the University of Nottingham

Being at university can be exciting, but there may be times when you struggle with the demands of studying or life in general. Overleaf is list of people and places that can help support you.

# If you are unsure about getting support and don't know where to go, these services can help.

## Wellbeing Support can be accessed via the **Support and Wellbeing Service**

Based in academic schools and departments, we are the first point of contact for students seeking wellbeing support. We offer practical advice and guidance and help you to find the right wellbeing support service. We can refer you on to our wider wellbeing team of support and wellbeing practitioners, counsellors and mental health advisors who can offer you more specialist advice and support if needed, or provide information about other local wellbeing services you can access.  
[nottingham.ac.uk/go/support-wellbeing](https://nottingham.ac.uk/go/support-wellbeing)

## The Residential Experience (ResX) Team

We support students in University of Nottingham halls of residence and partnership accommodation sites and run an events and activities programme.  
[resx@nottingham.ac.uk](mailto:resx@nottingham.ac.uk)  
0115 748 7600 (option 2)  
[nottingham.ac.uk/go/resx](https://nottingham.ac.uk/go/resx)

## Disability Support Services

We provide support to enable disabled students to flourish as independent learners.  
[nottingham.ac.uk/go/disability-support](https://nottingham.ac.uk/go/disability-support)

## Chaplaincy and Faith Support

Our university chaplains offer spiritual and pastoral support.  
[nottingham.ac.uk/chaplaincy](https://nottingham.ac.uk/chaplaincy)

## Togetherall

A digital mental health service. Register with your academic email address.  
[togetherall.com/en-gb](https://togetherall.com/en-gb)

## Report and Support

If you or someone you know has experienced or witnessed an incident, you can get help at:  
[reportandsupport.nottingham.ac.uk](https://reportandsupport.nottingham.ac.uk)

## General Practitioner (GP, doctor)

Find a GP:  
[nhs.uk/service-search/find-a-gp](https://nhs.uk/service-search/find-a-gp)  
Cripps Health Centre: 0115 846 8888  
Orchard Practice, Kegworth: 01509 672 419

## Students' Union Advice

We provide information, advice, and representation around all aspects of student welfare and education, such as money, housing, and course issues.  
[su.nottingham.ac.uk/advice](https://su.nottingham.ac.uk/advice)

## Nightline

A student-run service providing confidential listening and information.  
0115 9514 985  
[nottinghamnightline.co.uk](https://nottinghamnightline.co.uk)

## HealthyU

For health and wellbeing information to help you to take care of yourself and to find out about support at the university and in the local community, visit:  
[nottingham.ac.uk/go/healthyu](https://nottingham.ac.uk/go/healthyu)