

I'm worried about the wellbeing  
of someone in my society.  
**What do I do?**

**Are you worried about their safety?** For example, have they  
expressed thoughts of harming themselves or others?

**YES**

Are you on campus?

**NO**

Let them know about  
the support that is  
available to them.

**NOT  
SURE**

Speak to a  
professional to be safe.

**YES**

**Call the  
Community  
Safety Team**  
02476 52 2083

**NO**

**Call  
Emergency  
Services**  
999

**SU Advice Centre**

Free, confidential, impartial advice -  
[www.warwick.com/help-support](http://www.warwick.com/help-support)

**University Wellbeing Services**

Specialist mental health and disability  
support - visit the wellbeing portal  
online, call 024 7657 5570 or visit  
senate house between 10am-3pm

**Report and Support**

Specialist support for anyone who  
has experienced hate crime, sexual  
misconduct, discrimination, bullying  
or harassment -

[reportandsupport.warwick.ac.uk](http://reportandsupport.warwick.ac.uk)

**NHS Mental Health Helpline**

0808 196 6798

It can have an emotional impact on ourselves when someone discloses to you  
that they are struggling, or you are supporting someone with their own wellbeing.  
**Make sure you look after yourself and access support if you need to.**