

# Information about help and support

Here  
to  
**help**

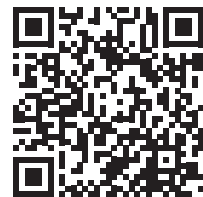
When someone tells you they are struggling, or when you are struggling yourself, it can be hard to know what help there is. Included below is a range of confidential support that we would encourage you to signpost others to and/or access yourself.

## What support is available?

### SU Advice Centre

The Students' Union has its very own Advice Centre, made up of professionally trained, full time Advisors. We are completely separate from the University, which means we can offer confidential, impartial and independent advice on any issues affecting your student experience.

Get in touch  
via the QR code  
or submit an  
enquiry form –  
Help & Support  
[warwicksu.com](https://warwicksu.com)



### University Wellbeing Services

The University's Wellbeing Service offers confidential and specialist wellbeing, disability and counselling support. Students can access them through the online wellbeing portal or by **calling 024 7657 5570**.

### Report and Support

Report + Support is a secure and confidential online platform to report incidents of sexual misconduct, bullying, harassment, discrimination or hate crime. Students can report anonymously or with details at [reportandsupport.warwick.ac.uk](https://reportandsupport.warwick.ac.uk)

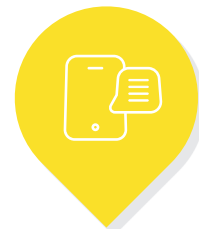
## External support

There are also many places outside of the University that can support you. These include non emergency services such as:

- Local GP surgery
- Coventry NHS Talking Therapies – self-referrals can be made on their website – [www.talkingtherapies.covwarkpt.nhs.uk](https://www.talkingtherapies.covwarkpt.nhs.uk)

For times when someone feels in crisis, the following are open 24/7:

- Emergency services – **call 999 or attend local A&E department**
- Mental Health Access Hub – **call 08081 966 798**
- Samaritans – **call 116 123**
- SHOUT – **text SHOUT to 85258**



### What if its an emergency and someone is at risk?

- If you are on campus call the University's community safety team – **024 7652 2083**
- If you are off campus, call the emergency services – **999**

[warwicksu.com/help-support/contact](https://warwicksu.com/help-support/contact)