



Undeb Myfyrwyr
Prifysgol De Cymru
University of South Wales
Students' Union

Mental Health Awareness

MENTAL HEALTH RESOURCE HUB

USWSU VP WELFARE

su.welfare@southwales.ac.uk





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Cheryl Chingosho

VP Welfare

su.welfare@southwales.ac.uk

Welcome to the VP Welfare Resource Hub, your one-stop destination for essential mental well-being resources and healthcare contacts.

Disclaimer:

This well-being resource hub provides information and healthcare contacts. Please check regularly for updates and new resources to support your well-being at the University of South Wales. For questions or assistance, contact su.welfare@southwales.ac.uk.

Emergency Contacts

In a life-threatening emergency or immediate medical situation, call 111.

Urgent Mental Health Support:

For urgent mental health support, call NHS 111 and press OPTION 2. The service is available 24/7 in all areas of Wales to ensure swift access to support.

Accident and Emergency:

If you need immediate help, go to A&E. If it's too far to walk, consider public transport, a taxi, or asking someone for a lift. In a crisis, many helplines with trained listeners are available to talk to without judgment.

Mental Health and Well-being Contacts

Samaritans:

Call 116 123 (free), email jo@samaritans.org, or visit some branches in person.

Welsh Language Line: 0808 164 0123 (7pm–11pm daily).

Togetherall:

Offers 24/7 access to an anonymous online peer support community moderated by trained mental health professionals.

SANeline:

Call 0300 304 7000 (4.30pm–10.30pm daily) for mental health support.

National Suicide Prevention Helpline UK:

Call 0800 689 5652 (6 pm to midnight daily) for supportive listening.

Campaign Against Living Miserably (CALM):

Call 0800 58 58 58 (5pm–midnight daily) for talk support. Try the webchat service if you prefer not to call.

Shout:

For text-based support, text SHOUT to 85258. Available 24/7.

The Mix:

Under 25? Call 0808 808 4994 (3pm–midnight daily), email, or use the crisis text messenger service.

Papyrus HOPELINEUK:

If you're under 35 and struggling with suicidal feelings, call 0800 068 4141 (24/7), email, or text 07786 209 697.

Nightline:

Offers night-time listening service by student phone operators.

Switchboard:

If you identify as LGBTQ+, call 0300 330 0630 (10am–10pm daily), email, or use the webchat service.

Samaritans:
Call 116 123 (free)

C.A.L.L:
If you're in Wales, call 0800 132 737 (open 24/7) or text 'help' to 81066.

Helplines Partnership:
Visit their website for a directory of UK helplines.

Minds:
Mind's Infoline provides information and support by phone and email. Find services that can help you.
Local Minds: Offer face-to-face services in England and Wales, including talking therapies, peer support, and advocacy.
Mind Cymru: Committed to improving mental health in Wales, offering online guidance, telephone information, and local support.

Side by Side:
A supportive online community for those with mental health issues.

Rethink Mental Illness:
Provides support and information for those affected by mental health problems, including local support groups. Call 0808 801 0525.

Befrienders:
A worldwide directory of emotional support helplines.

Helplines Partnership:
A membership body for UK helplines with a searchable directory of services.

Hub of Hope:
A UK-wide mental health service database to find specific support.

Relay UK:
Provides a talk/type relay service for those with hearing or speech difficulties.

Community Advice and Listening Line:
Emotional support and information on mental health in Wales. Call 0800 132 737 or text 81066.

Mind Active Monitoring:
Provides guided self-help for various mental health conditions. Sign up directly at nhs.uk/wales/silvercloudhealth.com/signup/.

Live Fear Free:
Offers confidential information and advice for victims and survivors of violence against women, domestic abuse, and sexual violence. Call 0808 80 10 800 or text 07860 077333.
Support for Older People - Age Cymru Advice:
Offers free, confidential support for older people and their families. Call 0300 303 398 (9:00am to 4:00pm, Monday to Friday).

Care and Repair:

Provides information, advice, and practical services to help older people stay safe, warm, and well at home.
Call 0300 111 3333.

Me and My Health:

Offers clear information for individuals with long-term physical or mental health conditions.

BAME (Black, Asian, Minority Ethnic) Helpline:

Available for anyone, offering support in multiple languages. Call 0300 222 5720 (Monday – Friday 10.30am-2.30pm).

If you have difficulty hearing or speaking, consider using the Next Generation Text Service (NGTS) Typetalk/Text Relay app on a mobile device or computer.

Well-being Workshops and Events:

Stay updated on well-being workshops, events, and support groups organized by the university and external organizations.

SilverCloud: An online course offering support for anxiety, depression, and more based on Cognitive Behavioral Therapy (CBT). Anyone aged 16 or over can sign up.

Young Person's Mental Health Toolkit: Links young people aged 11 to 25 to websites, apps, helplines, and more to build resilience.

University Well-being Services:

Student Support Services: supportus@southwales.ac.uk

Advice Zone: advicezone@southwales.ac.uk, 01443483540

Counselling Services: counselling@southwales.ac.uk

Chaplaincy Support: chaplaincy@southwales.ac.uk

USW Disabilities Service: disabilityadviser@southwales.ac.uk

Immigration & International Advice: international.advice@southwales.ac.uk, 01443 482083

Money: money@southwales.ac.uk, scholarships@southwales.ac.uk