

## Reach out to...



I'm ok, but would like some advice

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College Tutor

College Health and Wellbeing Team

Postgraduate Wellbeing Service



Things are challenging or stressful, and my usual ways of helping myself aren't always working

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University Counselling or Postgraduate Wellbeing Service

College Health and Wellbeing Team



The way I'm feeling is often impacting my day to day life

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University Counselling Service

NHS GP

College Health and Wellbeing Team

University Mental Health Advice Service



I'm finding it hard to cope / I have significant or long-term difficulties

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NHS GP

University Mental Health Advice Service



I'm in crisis and don't feel I can keep myself safe

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NHS first response call 111 option 2

Emergency services call 999

# Reach Out

## Student Support at Cambridge