

SO I'M GRADUATING UNIVERSITY...

...but might still need some support



Self help apps

There are loads of great self-help apps out there to support your wellbeing. Take a look at [Headspace](#) or [Calm](#) for relaxation and meditation techniques. [Chill Panda](#) uses adventure games to learn skills and be calm. Or, if you are interested in more CBT based approaches, try out [STOPP](#) or [Catch It](#).

Staffordshire Mental Health Helpline

**19:00-2:00 weekdays,
14:00-2:00 weekends**

Staffordshire Mental Health Helpline is for you if you are feeling concerned, worried, stressed or low, or if you are worried about someone you know.

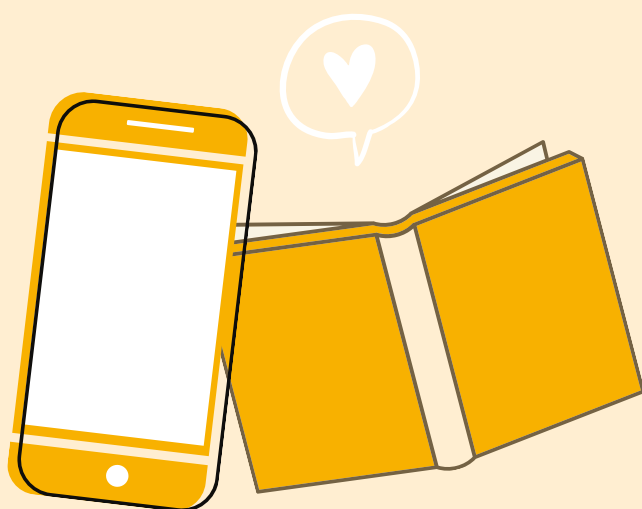
Call 0808 800 2234 or email staffordshire.helpline@brighter-futures.org.uk

SANELine

16:30-22:30, all year

SANELine is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.

Call 0300 304 7000 or visit their web pages for more information



NHS self help guides

The [NHS Self Help Leaflets](#) provide an introduction to self help techniques covering a range of issues including stress, depression, panic, anxiety and self-harm.

Hopeline UK

**10:00-22:00 weekdays,
14:00-22:00 weekends**

HOPELINEUK is a specialist telephone service staffed by trained professionals who give non-judgemental support, practical advice and information to children, teenagers and young people up to the age of 35 who are worried about how they are feeling or anyone who is concerned about a young person. Call 0800 068 41 41 or email pat@papyrus-uk.org



... I might need some more urgent help



North Staffordshire Access Team

North Staffordshire Access Team offer 24/7 mental health cover. They are based at Harplands Hospital. Call them on 0300 123 0907 (Option 1)

Emergency Department

Visit an emergency department at a local hospital.
The closest to Keele University is Royal Stoke: Accident & Emergency Department, Royal Stoke University Hospital, Newcastle Rd, Stoke-on-Trent ST4 6QG

Samaritans

Open: 24/7, 365 days a year
Call 116 123 (free of charge, no area code required) or email: jo@samaritans.org

999

For a medical emergency (a life-threatening situation), call an ambulance using 999



111

When you need help fast, but it is NOT a life-threatening emergency, call 111

Go see your GP

Contact your own GP or out of hours GP support



We know that the factors affecting the mental health of graduate students are complex, and each student's experience is unique. Now you have left the university, we want you to know exactly where you can access support if you feel like you may need some help.