

Main Support & Crisis Numbers

If you believe you are unable to keep yourself safe you can attend your [local A and E](#) for immediate crisis support or call 999. The nearest A&E to the University is at [Queen Elizabeth Hospital Birmingham](#).

If you have a GP, please contact them and ask for an emergency appointment. If they are not open they should have an out-of-hours number you can call.

If you do not have a GP, you can find your local [walk in clinic](#) nearest walk-in service to the University is [Katie Road, Selly Oak](#).

UBHeard

University of Birmingham
24/7 counselling service

[www.intranet.birmingham.ac.uk
/student/your-wellbeing/mental-
health/ubheard](http://www.intranet.birmingham.ac.uk/student/your-wellbeing/mental-health/ubheard)

access via Wellbeing
Intranet pages

Papyrus Helpline (Prevention of Young Suicide)

Call: 0800 068 4141

Text/SMS: 07860039967

Email: pat@papyrus-uk.org

Open 9am-Midnight 365 days a year

Student Space

Phone: 0808 189 5260 (4pm-11pm every day)

Text Student to 85258 (24 hours a day)

www.studentspace.org.uk

Forward Thinking Birmingham Access Centre

Call: 0300 300 0099 (Public)

Open 24 hours a day, 7 days a week

Samaritans Helpline

Call: 116 123

Email: jo@samaritans.org

Open 24 hours a day, 7 days a week

Online Directory of Birmingham Health & Wellbeing Services

<https://www.the-waitingroom.org/>



If you are feeling suicidal and not able to keep yourself safe, please contact 999.

If you are experiencing a mental health crisis, please contact:

In Birmingham - 0300 300 0099.

Outside of Birmingham - NHS 111 and choose option 2.

Other places to get support:

You might find our A-Z Resource Vault helpful with any issues you may be experiencing. Please follow the link below:

<https://www.childrenssociety.org.uk/information/young-people/well-being/resources>

UBHeard:

A confidential listening and support service for all registered University of Birmingham students (undergraduate and postgraduate) that gives you immediate emotional and mental health support 24 hours a day, 7 days a week, 365 days a year. You can find out more information via this link.

Student Space:

Open 4 pm -11 pm, 7 days a week.

Call - 0808 189 5260 (calls are free).

Text - 'STUDENT' to 85258 (Text service 24 hours a day, 7 days a week).

Online - www.studentspace.org.uk for lots of resources and support for students

Papyrus:

Open 9 am - 12 am (midnight), 7 days a week.

Call - 0800 068 4141 (calls are free).

Text - 07860039967

Email - pat@papyrus-uk.org

Shout Crisis Text Line:

Open 24 hours a day, 7 days a week.

Text - 'Shout' to 85258.

Samaritans:

Open 24 hours a day, 7 days a week.

Call: 116 123 (calls are free).

Online: www.samaritans.org

Mind:

Available in Birmingham & Solihull

Open 24 hours a day, 7 days a week.

Call - 0121 262 3555

Email - help@birminghammind.org

