

Hartpury Wellbeing Support Model Step

1-4



Thriving:
continue to
consider my
Wellbeing

I'm in a
crisis.
Urgent Help

4

I need
more
assistance

3

I need
some
assistance

2

Wellbeing
advice
resources

1

6 Ways to
Wellbeing







Hartpury Wellbeing Centre: Triage Drop-In Service
Hartpury Students Union
Student Assistance Program [SAP]
Hartpury Moodle
College ASPIRE / University ASC
Hub of Hope
Kooth
GayGlos
Mind
The Mix
Winston's Wish
Student Minds
The Southwest Gambling service: NHS

Hartpury Wellbeing Centre: Triage Drop-In Service
Student Assistance Program [SAP] / Hartpury Moodle
Hub of Hope / NHS GP
GayGlos / Mind
The Mix / Young Minds
CalmHarm / The Southwest Gambling service: NHS
16-25 Young Adults Mental Health Service

Hartpury Wellbeing Centre Drop-In / Scheduled Sessions
Student Assistance Program [SAP]
NHS GP
Young Minds
CAMHS [Child and Adolescent Mental Health services]
Hub of Hope
Campaign Against Living Miserably
tic+
Childline
Text SHOUT to 85258
NHS GP

Emergency Services: Call 999
Attend A&E
Onsite? Call the Residential Support Team 07768 091041
Hartpury Emergency Safeguarding 07788148358
SAMARITANS 116 123
Mental Health Crisis line Gloucestershire 0800 169 0398
Text SHOUT to 85258
PAPYRUS 0800 069 41 41

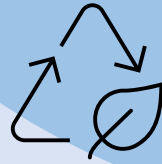
Thriving:
continue to
consider my
Wellbeing

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Scan the QR code for
a full list of support
and additional
information



take notice

be active

be healthy

give

**keep
learning**

connect

6 Ways to Wellbeing

Body. Mind. Spirit. People. Place. Planet.





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Wellbeing
advice
resources

1



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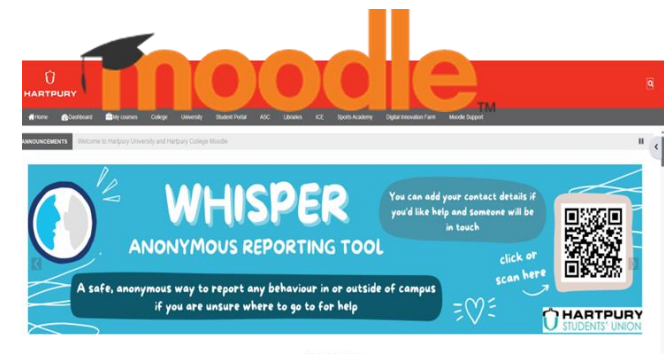


I need some assistance

mind



2





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1-4



I need more assistance

Feeling low?
Anxious?
Struggling to cope?

Text SHOUT to 85258 for free, confidential support, 24/7

3

Scan the QR code for a full list of support and additional information



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



CAMHS
Child and Adolescent Mental Health Services



When life is tough,
we're here to listen

SAMARITANS

Call us free 24/7 on

116 123

[samaritans.org](https://www.samaritans.org)

A registered charity



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1-4



I'm in a
crisis.
Urgent Help

4



Feeling low?

Anxious?

Struggling
to cope?

Text
SHOUT
to **85258**

for free,
confidential
support, 24/7

Call 999 or go to A&E now if:

- someone's life is at risk – for example, they have seriously injured themselves or taken an overdose
- you do not feel you can keep yourself or someone else safe

A mental health emergency should be taken as seriously as a physical one. You will not be wasting anyone's time.

Call: 999



24/7 Hartpury Numbers
Residential Support
Team: 07768 091041
Emergency Safeguarding:
07788 148358



Wellbeing Services

Happy, Healthy, Safe Students

health assured Working in Partnership

24/7 Student Wellbeing Helpline Offering

A 24/7 Student Wellbeing Helpline from Health Assured to support you through any of life's issues or problems

Free 24/7 Student Wellbeing Helpline:
0800 028 3766

Stress & anxiety	In the moment support	Family issues
Bereavement	Financial wellbeing	Sexual & gender identity
Relationship advice	Bullying & harassment	Medical information
Tenancy & housing concerns	Alcohol & drug issues	Exam worries

Download and register today

Unique code:

Wisdom



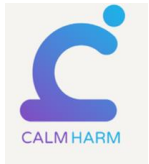
Hartpury Wellbeing Support Services A-Z



6 Ways to Wellbeing Mind: When we're constantly bombarded with tips to stay happy and healthy, it can feel overwhelming. But it's important to remember that there is no 'one size fits all' approach to wellbeing. Aim to be active, keep learning, give, connect with others, take notice and care for the environment.

w: [Wellbeing – Mind](#)

C



CALMHARM Calm Harm is a free app that helps individuals manage or resist the urge to self-harm

W: [Home - Calm Harm App \(stem4.org.uk\)](#)



CAMHS (Child and Adolescent Mental Health Services): Specialist mental health service for children and young people up to 18 years of age who are experiencing mental health and emotional wellbeing difficulties.

Referral: Via professionals only, speak with your GP w: [Child and Adolescent Mental Health Service - CAMHS > Glos Health & Care NHS Foundation Trust \(ghc.nhs.uk\)](#)



CALM Campaign Against Living Miserably: For men who are down or who need to talk, find information and support.

t: 0800 58 58 58 5pm - midnight every day or webchat at [www.thecalmzone.net](#)



Childline: Free, private and confidential service for anyone under 19 where you can talk about anything. Whatever your worry, whenever you need help, anytime.

t: 0800 1111 email or chat via [www.childline.org.uk](#)



Hartpury Wellbeing Support Services A-Z



G



LGBTQ+ Support/Gay Glos: Support available for anyone who is lesbian, gay, bisexual, transgender or dealing with issues around sexuality and gender identity.
t: 07903472899 e: youth@gay-glos.org



24/7 Gloucestershire Crisis Number: Call free any time, day or night if you are worried about your own or someone else's mental health. The team behind our 24/7 open access telephone response line will listen to you and determine how best to help.
t: 0800 169 0398 (free) 24 hours a day



Gloucestershire Eating Disorders/BrownHill Centre: Supporting all people with an eating disorder. Offering CBT, group therapy, community treatment. Young people can be referred by Hartpury Nurses or refer themselves online.
t: 01242 634242 w: <https://www.ghc.nhs.uk/our-teams-and-services/eating-disorders-glos/>



GRASAC: Gloucestershire Rape and Sexual Abuse Centre offers both practical and emotional support, for anyone who has been affected by rape, sexual abuse, and childhood sexual abuse. All support is free, confidential and non-judgemental for all survivors of sexual violence who live in Gloucestershire, irrespective of age, gender and background.
t: 01452 305421 w: support@glosrasac.org.uk



GDASS: Gloucestershire Domestic Abuse Support Service (GDASS) is a county-wide service designed to reduce the level of domestic abuse and improve the safety of victims and their families.
t: 01452 726570 w: support@gdass.org.uk



Gloucestershire Teens in Crisis (TIC+): For 9-21 years living in Gloucestershire. Free and confidential counselling by phone, online text chat and video chat.
t: 01594 372777 or **TIC+ Chat** offers anonymous one to one support and live chat, available Sunday – Thursday 5pm-9pm, <https://www.ticplus.org.uk/ticpluschat/> t: 0300 303 8080



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G

Gloucestershire
Wellbeing Helpline



Gloucestershire Self-Harm / Wellbeing Helpline: The Helpline is here to support adults living in Gloucestershire who are experiencing mild to moderate wellbeing difficulties, such as anxiety, low mood or depression, including support for self-harm. We can also provide support and information to friends, family, carers and professionals. Opening hours, every day 2pm to 9pm.
t: 0808 801 0606 w: [Gloucestershire Wellbeing Helpline : Home \(gloucestershireselfharm.org\)](https://gloucestershireselfharm.org)



Gloucestershire Healthy Living and Learning: Mental Health Services for Children and Young People in Gloucestershire
w: [Mental Health Z-Card 2022.pdf \(ghll.org.uk\)](https://ghll.org.uk)

H



Hartpury Achievement & Success Centre [University]: Hartpury's Achievement and Success Centre aims to boost achievement and students' chances of securing their dream job. Within the Centre we focus on three key areas: Academic Support, Learning Support and Wellbeing Support.
E: ASC@hartpury.ac.uk



Hartpury College ASPIRE [College]: If you require any form of learning support, the Aspire team will always be on hand to help. Assess, plan, do, review is a continual process designed to make sure that doing all we can to support you and help you to improve.
t: (0) 1452 702553 w: [Learning support | Hartpury College](#) e: learningsupport@hartpury.ac.uk



Hartpury Residential Support Team: Immediate on campus support 24/7
t: 07768091041



Hartpury Wellbeing Support Services A-Z



H



Hartpury Students Union: Hartpury Students' Union is here to provide you with representation, guidance and opportunities whether you are a Hartpury College or Hartpury University student. We want you to get involved and will support you regardless of your course, level or study or background.
w: [Hartpury Students' Union \(unioncloud.org\)](https://unioncloud.org) e: studentsunion@hartpury.ac.uk



Hartpury Wellbeing Centre: For wellbeing support please either attend one of our triage Drop-In sessions or contact us via email or MSteams. We hold drop-in sessions Monday-Friday at both 10:30am and 2:30pm, you will be able to speak with one of our Nurse team to discuss any health concerns or discuss any wellbeing concerns with one of the Wellbeing or Safeguarding team. For residential students we also hold a wellbeing drop-in at 8:30pm Monday-Thursday. The Wellbeing Centre is located within the Student Zone in the Courtyard.
t: 01452 702327 w: [Course: Wellbeing Services | Moodle \(hartpury.ac.uk\)](#) e: Wellbeing@hartpury.ac.uk



Hollie Gazzard Trust: National abuse, domestic abuse and stalking helplines for anyone who feels they need help or want to speak to someone about what they are going through.
m: 07538 575229 e: info@holliegazzard.org w: <https://holliegazzard.org/get-help-2/>



Hub of Hope: GP: The Hub of Hope is a UK mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.
w: [Services | Hub of hope](#)

K



Kooth: A judgement-free forum to get advice, help others and share your story. The Kooth team provide free, safe and anonymous online support and counselling.
w: [Home – Kooth](#)



Hartpury Wellbeing Support Services A-Z



Mind: When you're living with a mental health problem, or supporting someone who is, having access to the right information is vital.
t: 0300 123 3393 w: <https://www.mind.org.uk/need-urgent-help/using-this-tool/>

N



NHS GP: GP surgeries are usually the first contact if you have a health problem. They can treat many conditions and give health advice. They can also refer you to other NHS services. Anyone in England can register with a GP surgery to access NHS services. It's free to register.
t: 111 / Your local practice contact number if you are registered. w: [How to register with a GP surgery - NHS \(www.nhs.uk\)](https://www.nhs.uk)



NHS helpline: This is for when you need medical help fast but it's not an emergency.
t: 111



Medical Emergency: This is for when someone is seriously ill or injured and their life is at risk.
t: 999



Hartpury Wellbeing Support Services A-Z



O



On your mind Glos NHS: If you're aged 25 or under, try the NHS anonymous online support finder and get a recommendation for the help that's right for you.
w: [On Your Mind Gloucestershire - children & young people's mental health - NHS \(onyourmindglos.nhs.uk\)](https://onyourmindglos.nhs.uk)

P



Papyrus Hopeline UK: For people under the age of 35 experiencing thoughts of suicide, or anyone concerned that a young person could be thinking about suicide.
t: 0800 068 4141 e: pat@papyrus-uk.org

S



Samaritans: Emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.
t: 116 123 24 hours a day e: jo@samaritans.org



Hartpury Wellbeing Support Services A-Z



SANEline: Helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.
t: **0300 304 7000** 4.30pm - 10.30pm daily



Shout: 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.
Text: **85258**



The Southwest Gambling Service: Open for people living in the South Wes, providing FREE confidential support to people affected by gambling addiction. If you are registered with a GP in the Southwest and would like support to stop gambling, contact the Gambling Service by phone, Monday to Friday, 9-7pm.
t: 0330 022 3175 w: <https://www.awp.nhs.uk/our-services/az-services/south-west-gambling-service>



STREET Gloucestershire: A service for young people aged 13-19 affected by domestic abuse
t: **01452 228802** e: streetreferrals@victimsupport.org.uk



Student Assistance Program [SAP] for Hartpury students: Confidential programme designed to help you deal with home life, education, health, and general wellbeing. The SAP service provides a complete network that offers expert advice and compassionate guidance, covering a wide range of issues. Call anytime, anywhere to access in-the moment support from one of our counsellors.
t: **0800 028 3766** w: [Wisdom app - Track Your Wellness & Mental Health \(healthassured.org\)](https://www.healthassured.org)



Hartpury Wellbeing Support Services A-Z



The MIX: Providing help for young people aged 11-25. This Mix isn't just about young people and mental health, they provide support for relationship issues, working life, school life, housing, depression and any other issues all year round. Email or chat one-to-one online 4pm-11pm Monday to Friday, sign up for free counselling online or text the 24/7 crisis line.
w: [Speak To Our Team | Support For Mental Health & Other Issues | The Mix](#) e: <https://www.themix.org.uk/get-support/speak-to-our-team/email-us> t: 85258 [Text only]

Bereavement Support – Winston's Wish: Offers practical support and guidance to bereaved young people and their families who are dealing with a loss of a parent or a sibling
t: 0808 802 0021 w: <https://www.winstonswish.org/>

Wisdom App by Health Assured for Hartpury Students: Your guide to health and mental wellbeing. As a member of the Health Assured community, you have exclusive access to our revitalised app – which helps you track your wellness, improve your mental health, and stay resilient during tough times.
t: 0800 028 3766 w: [Wisdom app - Track Your Wellness & Mental Health \(healthassured.org\)](#)

YoungGlos: Young Gloucestershire works with the whole family to ensure our support reaches all those in need and develops lasting support networks.
t: 01452 501008 e: [Home | Young Gloucestershire \(youngglos.org.uk\)](#)

YoungMinds: Information resource, whether you want to understand more about how you're feeling, or get information about a mental health condition or find support, the guides can help. If you need help speaking to someone, start with our guide to reaching out for help.
w: [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

