



Welfare Document

It can be hard to know where to turn when you are struggling. This document aims to point you in the direction of places and people where you can seek support, both immediately and for long term help.

If you find yourself in a crisis situation then please consider the following contacts for immediate help

- If you are ever in a medical emergency please call 111 or 999
- Samaritans on 116 123 - or you can access them [here](#)
- Text SHOUT to 85258 for crisis support over text

- Other links you can look to in crisis situations:
 - [NHS website for crisis resources](#)
 - [Text Service for Mental Health](#) or text "SHOUT" to 85258

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UCL/student Specific Services

- [UCL-Specific Access to psychological and counselling services](#)
- [You can also access counselling and therapy through Care First by clicking this link.](#)
 - It's free of charge from 5pm to 9am Monday to Friday, for 24 hours during weekends, for 24 hours during bank holidays and UCL closure periods - though, please note this is not a crisis hotline.
- You can report any bullying, harassment, or sexual misconduct within UCL [here](#)
- You can also contact the medical schools student support to set up a meeting to discuss any issues you might be facing. medsch.student-support@ucl.ac.uk (or look at their website [here](#))
- [Nightline](#) is a London student-based support helpline you can ring if you are wanting to speak to someone who can offer immediate support.

NHS Services

- [Here](#) is a useful web page which has NHS advice on Mental Health and Wellbeing
- [You can also get therapy free on the NHS](#) - if you just click through on this webpage and you can refer yourself through that way!
- There is also [iCope](#) - a free NHS service which provides psychological therapy for residents in Islington, Camden and Kingston

Medical Student specific resources

- [GLADD: The LGBTQ+ Association of Doctors and Dentists Resources](#) for different groups and issues
- [Counselling and Peer Support for Medical Professionals/Students with the BMA](#)
- Free counselling is available for medical student via Breathe UK thanks to funding from the BMA, you can email them at hello@breathe-uk.com or call them on 02920 440191
- Medics4Medics have lots of fun and supportive events to help UCL medical students, you can find information about them on instagram and facebook or contact them via their website: www.uclm4m.co.uk

Trans, non-binary and gender non-conforming specific resources

- [This link](#) provides more links to different trans organisations
- [This](#) is a trans social group that meets every so often, and has a Facebook page that you can join!
- You can find more trans groups [here](#) as well!
- The charity [Mermaids](#) has a confidential helpline for trans youth up to and including age 19 (call 0808 801 0400)

Sexuality Support

- If you'd like to talk to someone that can provide specific on LGBTQ+ issues you can contact the Switchboard LGBT+ Helpline by clicking on [this link](#) or calling 0300 330 0630!
- [ELOP](#) is based in East and North London and is a grassroots, community-led organisation aiming to support the mental health, wellbeing and empowerment of LGBTQ+ people. Look out for their community hub, launching on 26th February! Or call them on 020 8509 3898
- [London Friend](#) provides counselling and support service for LGBTQ+ communities. Runs a range of support groups and social activities for example for lesbians/bisexual women, for black, asian and BME women, a non-scene men's group.
- A change of Scene- A free monthly forum for gay and bisexual men to share their lives & experience. Events are free. Email achangeofscene@yahoo.com to book a place. You can view their events on [A Change Of Scene | Facebook](#)

Support for if you have experienced abuse or sexual assault

- [NHS Tool to find your nearest rape and sexual assault referral centre](#)
- Get help and support after rape, sexual assault, or sexual abuse with Rape Crisis [here](#), or call 0808 802 9999
- [The Havens](#) offers support for rape or sexual assault (call 020 3299 6900)
- [Galop](#) runs the National LGBTQ+ Domestic Abuse Helpline – 0800 999 5428

Footnote: This document is designed as a guide to hopefully help you find places of support. It is in no ways a conclusive list, if you feel we have missed anything then please do not hesitate to contact us and we can work to resolve this.

Secondary footnote: You're amazing just the way you are, and don't let anybody tell you otherwise!