



Supporting student mental health and wellbeing

A guide for UCL staff

Visit the new online guide, designed to help you broach conversations about support and direct students to the correct mental health and wellbeing services if needed.

- Spotting a student who might need support
- Talking about mental health and wellbeing
- Signposting the support available
- Referring a 'Student of Concern'
- What to do in a crisis

www.ucl.ac.uk/teaching-learning/studentmentalhealth

Please see reverse of this postcard if there is a crisis.

What to do in a crisis

A mental health emergency should be taken as seriously as a physical health emergency.

If a student is in crisis, PLEASE ACT IMMEDIATELY.

If a student has plans and the means to act on suicidal thoughts and is worried about keeping themselves safe:

- call emergency services; or
- ensure the student is escorted to A&E (the closest A&E to the Bloomsbury campus is at UCLH by Warren Street station)

If the student is not immediately worried about keeping themselves safe, but requires urgent support:

- contact their GP for an emergency appointment; or
- call NHS 111 for guidance and/or an urgent appointment with the closest available GP

Once the student is safe, submit a Student of Concern referral, so UCL Student Support and Wellbeing are aware and can offer the student support (search 'UCL Student of Concern').

UCL Student Support and Wellbeing



+44 (0)20 7679 0100



student.wellbeing@ucl.ac.uk