



Lincoln Bishop
University



Concerned about another student

Concerned about another Lincoln Bishop student?

Changes in behaviour, presentation and engagement can all be signs that someone is struggling. Have you noticed any of these changes in a fellow student? If so, this person may need some additional support, either from Student Advice & Wellbeing or another service.

As a compassionate friend, course, or flatmate you can point them in the right direction, but remember, their behaviour is not your responsibility, and you cannot 'fix' their problems for them.

In this leaflet we have included some signposting advice; if you feel comfortable doing so, you can share this with your fellow student.

Speaking to Student Advice & Wellbeing

The Student Advice & Wellbeing team is here to listen to, support and offer advice to all Lincoln Bishop University students. If you know someone who is having a difficult time, encourage them to contact Student Advice & Wellbeing:

Call: **01522 583600** | Email: **studentadvice@lincolnbishop.ac.uk**

Or visit **the Hub** to speak to an Adviser face-to-face.

Students can also book appointments using our online booking system. **Scan the QR code to get booked in >**



Appointments with our Mental Health Advisers

If a student is experiencing mental health difficulties, they can speak to one of the university's Mental Health Advisers. Our Mental Health Advisers can offer a listening ear and can also help students to explore different coping strategies and other professional support.

Get in touch with Student Advice & Wellbeing to book an appointment with one of our Mental Health Advisers.

Report & Support Tool

Anyone who feels they have experienced or witnessed bullying, harassment or sexual misconduct may wish to make an informal disclosure or formally report the incident.

Reports can be made using the university's Report & Support Tool – **reportandsupport.bishop.ac.uk**.

Scan the QR code to access the Report & Support tool >



Togetherall

Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing. Lincoln Bishop students can create a free account with Togetherall using their university email address.

Other local and nationwide services can offer support – ask Student Advice & Wellbeing for more information about these or request a copy of their ‘Local and National Support’ leaflet.

Crisis or Emergency Situations

If you or someone you know is in crisis and urgent support is needed, it is so important that you access the necessary help as soon as possible. You may need to contact emergency services:

- **NHS** – Call **111 (option 2 if related to Mental Health)** for non-urgent medical concerns, or **999** for a medical emergency.
- **Police** – Call **101** for non-urgent matters, or **999** in the case of an emergency.

For a more extensive list of services, take a look at our ‘Support when you are in crisis’ leaflet.

Confidentiality

Student Advice & Wellbeing’s services are delivered to students on a confidential basis, in line with our Confidentiality Policy. This means information will not usually be shared with other departments or students at the university. However, whenever there is evidence that a student is at risk to themselves or others, Student Advice & Wellbeing will contact relevant parties in other departments (usually the Governance and Policy Office in the first instance) to keep them informed of the situation. Public authorities may also need to be contacted.

If you are concerned a student is a risk to themselves or others, or there may be an impact on the health and safety of the student or others, you can contact Student Advice & Wellbeing and discuss the matter without making reference to the identity of the individual student involved. If there is sufficient evidence of a risk to the student or others, Student Advice & Wellbeing may advise of the need to breach confidentiality.



For more information, please contact the Student Advice & Wellbeing team.

 [**studentadvice@lincolnbishop.ac.uk**](mailto:studentadvice@lincolnbishop.ac.uk)

 **01522 583600**

 [**lincolnbishop.ac.uk/studentadvice**](https://lincolnbishop.ac.uk/studentadvice)

Available Hours

Monday: 8:30am – 5:00pm

Tuesday: 8:30am – 5:00pm

Wednesday: 8:30am – 5:00pm

Thursday: 8:30am – 5:00pm

Friday: 8:30am – 4:30pm

If you require this document in an alternative format, for example in large print, please contact Student Advice & Wellbeing.