



Lincoln Bishop
University



Support when you are in crisis

What is a mental health crisis?

A mental health crisis is when you feel like you are at breaking point, and you need urgent help. If you are having a mental health crisis, you may be experiencing...

- Increased anxiety, panic attacks or flash backs
- Suicidal thoughts or self-harm
- Psychosis (hallucinations and delusions)
- Hypomania or mania (feeling very high)

Why are you feeling like this?

Most personal, relationship or identity problems can be helped. A mental health crisis can arise as result of many different things. You may have recently suffered a bereavement, be dealing with money or exam worries, had a recent relationship breakdown, or you may be managing a recent mental health diagnosis.

You may not know why you are feeling this way, and that's ok.



The mental health charity 'Mind' has outlined some simple coping strategies which you may want to use to help calm yourself. Scan the QR code to read more.

If you do find yourself in crisis and you need urgent support, it is so important that you access the necessary help as soon as possible. Below is a list of emergency/crisis support services:

Samaritans - Talk to someone about how you are feeling. You can call freephone on **116 123**.

Shout - Get 24/7 help from a team of Crisis Volunteers by texting **85258**.

Lincolnshire's Mental Health Helpline - If you're feeling low, anxious or stressed and you think that talking to another person may help you cope you can call **0800 001 4331**.

NHS Single Point of Access - Contact your local mental health care team on **0303 123 4000** or e-mail **lincs.spa@nhs.net** and explain you need to speak with somebody about your mental wellbeing.

GP - Request an urgent appointment.

A&E - You can attend Lincoln County Hospital (or your closest hospital).

Campus Security - If you are on campus, you can call the university Security Team on **0785 001 5713**.

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.

TIP: You may find it helpful to have the contact numbers above saved into your phone's contact list.

Speaking to Student Advice & Wellbeing

If you think you are experiencing a mental health crisis during Student Advice & Wellbeing opening hours, one of our Advisers will be more than happy to assist you with getting the necessary crisis support in place.

Our typical office hours are:

Mon - Thurs: 08:30am – 5:00pm

Fri: 08:30am – 4:30pm

Call **01522 583600**, or come and see us face-to-face in the The Hub.

After you have accessed the necessary help from an external crisis support service, please do get in touch with Student Advice & Wellbeing and speak with a member of our team. We are likely to encourage you to arrange an appointment with our Mental Health Adviser.

We offer a confidential and non-judgemental safe space to talk about the things that you are experiencing. If we are aware of your situation, we too, will be able to support you and ensure that any necessary ongoing support or reasonable adjustments are put in place for you.



Scan the QR code to access our online booking system.



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.