

# MENTAL HEALTH EMERGENCIES



UNIVERSITY OF  
PLYMOUTH

## Is the student...

- Saying they will self-harm (or hurt someone else)?
- Behaving in a very strange way?
- Out of touch with reality/disoriented?

NO

YES

**SECURITY 01752 588400** **FIRST RESPONSE (Livewell South West) 0800 923 9323**  
OFFICE HOURS: Monday – Thursday 8:30 am–5 pm and Friday 8:30 am–4:30 pm

- Call security 01752 588400
- Phone for an ambulance 999
- Phone Mental Health Duty Worker (in office hours) to get advice and support
- ☎ 01752 587676

### IF OUTSIDE OF OFFICE HOURS

Inform security 01752 588400 and email [studentservices@plymouth.ac.uk](mailto:studentservices@plymouth.ac.uk) to refer the student to their services.

## Helpful links

- 🖥️ [plymouth.ac.uk/student-life/services/student-services/making-an-appointment](http://plymouth.ac.uk/student-life/services/student-services/making-an-appointment)
- 🖥️ [studentsagainstdespression.org](http://studentsagainstdespression.org)
- 🖥️ [samaritans.org](http://samaritans.org)



Scan here to complete an online referral form

## Is the student...

- Safe from immediate risk – but in need of urgent support?
- Very unwell, distressed or causing great concern?

NO

YES

- Phone Mental Health Duty Worker (in office hours) to get advice and support
- ☎ 01752 587676
- If possible, accompany student to the Student Services Hub, ground floor, Charles Seale-Hayne Library

### IF OUTSIDE OF OFFICE HOURS

Inform security 01752 588400 and email [studentservices@plymouth.ac.uk](mailto:studentservices@plymouth.ac.uk) to refer the student to their services.

## Is the student...

- Safe from immediate harm, but willing to engage with support services?
- Calm and rational – but requiring support?

NO

YES

- Advise them to see their GP
- Recommend they self-refer to Student Wellbeing Services via the [online referral form](#)

✉️ [studentservices@plymouth.ac.uk](mailto:studentservices@plymouth.ac.uk) to refer the student to their services.

## Is the student...

- Safe from immediate harm, but unwilling (or unable) to engage with support services?
- A serious concern/in need of support?

YES

- Provide student with contact details for Student Wellbeing Services
- ☎ 01752 587676
- 🖥️ [plymouth.ac.uk/student-life/services/student-services/counselling](http://plymouth.ac.uk/student-life/services/student-services/counselling)

- Recommend they see their GP
- Phone Mental Health Duty Worker (in office hours) for advice
- ☎ 01752 587676

Scan here to visit Student Wellbeing Services



**togetherall**

Togetherall is a safe, online, peer-to-peer community where people support each other anonymously to improve mental health and wellbeing. Togetherall is designed to help you take control of your mental health and start to feel better.

Join a global, 24/7 community moderated by clinical professionals, where you will gain access to a wealth of resources and tailored self-help courses specifically designed to help you deal with anxiety, sleep, depression, and much more.

Togetherall is totally anonymous, so no one will know you've chosen to use it unless you tell them.

The University of Plymouth has partnered with Togetherall to bring you this service completely free!

Simply sign up at [www.togetherall.com](http://www.togetherall.com) using your University email address.

It's for staff too!

**Livewell**  
Southwest

Livewell Southwest's First Response Service is a 24/7 helpline providing advice, support and signposting for people experiencing mental health difficulties in Plymouth.

You do not need to be an existing service user of Livewell.

If you feel worried about your mental health or someone else, you can call the helpline on **0800 923 9323**.

**MENTAL HEALTH**