

**The Little Blue Book of helpful  
numbers – Mental Health**

**Useful tips to support your mental health:**

1. Talk to someone, write down your thoughts and feelings, or create pictures.
2. Take care of your physical health – food and water; fresh air; exercise; rest; shelter.
3. Structure your day – try to include an enjoyable pastime, e.g. music, films, crafts, volunteering.
4. Be kind to yourself, and others.
5. Learn, or practise, a skill.
6. Do not keep things which worry you to yourself – seek sources of help and support.

## Support in a Crisis:

1. Wardens in Halls (if living in Halls see student handbook)
2. Mental Health Adviser (9am- 5pm)  
**01248 382032**
3. GP (Bodnant Surgery) **01248 364492**
4. GP (Out of Hours) **0300 1235566**
5. Counselling Service Support Sessions  
**01248 388520**
6. CALL helpline **0800 132737**  
text: help to **81066**
7. Samaritans **116 123**  
email: [jo@samaritans.org](mailto:jo@samaritans.org)
8. Papyrus HOPELineUK **0800 0684141**
9. Security Staff **3475** or **2795**
10. Policing Team **01286 670924**

