UNI GUIDE

Essential info for university life & wellbeing

Not sure what help you need? Visit 111.nhs.uk or dial 111

In an emergency, dial 999

❤️ HEALTH & WELLBEING – WE'RE HERE TO HELP

- Confidential and non-judgmental advice and support for all aspects of your health
- Sexual health and contraception
- Mental health and wellbeing support
- Talk to our friendly team before you head off

Get Support: Visit your uni's health centre, or find more info here: www.nhs.uk/nhs-services/sexual-health-services

🎉 SETTLING IN – FRESHERS & BEYOND

- Attend events that interest you
- Try new things and meet people
- Look after your physical and mental health
- Know your limits
- It's okay to say no
- Check out your university's Fresher's Guide for info on what's on

Top Tip: Plan ahead, pace yourself & look out for mates

🩺 REGISTER WITH A GP

Registering with a GP near your university means you can access local NHS care when you need it.

- Easy and free to do
- Appointments for physical and mental health
- Ask at your Health Centre or visit its website

Get Registered: Visit your University Health Centre website or nhs.uk/service-search/find-a-gp/

🍺 ALCOHOL/DRINK AWARE

- Drink responsibly
- Alternate alcohol with soft drinks
- Eat before and while you drink
- Don't leave your drink unattended
- Look out for your friends
- There is support if you need it

Get Informed: For tips, advice and support visit drinkaware.co.uk

🛡️ VACCINATIONS – STAY PROTECTED

- New MenB vaccine programme now available
- Flu vaccine – protect yourself and others
- MenACWY vaccine for under 25s

Get Info: MenB vaccination available in pharmacies only. Book here: nhs.uk
MenACWY info here: nhs.uk/vaccinations/menacwy-vaccine/

💊 DRUG ADVICE – KNOW THE RISKS, MAKE SAFER CHOICES

- Get the facts about drugs and their effects
- Know the law and your rights
- Look out for your friends
- Support is available if you are worried

Get Advice: For information and support visit talktofrank.com

💰 BUDGETING – MAKE YOUR MONEY GO FURTHER

- Plan your spending
- Track your money
- Look for student discounts
- Use campus support

Money Tips: For free, confidential money advice, visit moneyhelper.org.uk

🤝 LONELINESS – IT'S OK TO FEEL LONELY

- You're not alone - lots of people feel this way sometimes
- Join clubs & societies
- Chat to housemates
- Reach out - a small step can help

Get Support: Visit togetherall.com, themix.org.uk & studentminds.org.uk

SAMARITANS – HERE 24/7

Whatever you're going through, you can talk to them. No judgment - they will listen anytime, day or night.

Call free on 116 123
Visit samaritans.org

SUICIDE – TALKING CAN SAVE LIVES

If you are having thoughts of suicide, you are not alone. You matter and help is available. It's ok to talk about how you feel.

Get help now:
Call 111 and select option 2 or text SHOUT to 85258
In an emergency, call 999 or go to A&E

🏠 HOME FOR THE HOLIDAYS?

Register as a temporary patient at Fort House Surgery, to get the care you need while you're at home: forthousesurgery.nhs.uk or visit Reception

🌐 USEFUL WEBSITES

- drinkaware.co.uk
- talktofrank.com
- moneyhelper.org.uk
- samaritans.org
- togetherall.com
- themix.org.uk

Stay connected @FortHouseSurgery @forthousesurgery

www.forthousesurgery.nhs.uk

YOUR JOURNEY. YOUR FUTURE.