

As a Service, we operate within UK Law and within an ethical framework set by British Association for Counselling and Psychotherapy and other professional bodies within the UK. All data is kept confidentially according to GDPR and we only break confidentiality in exceptional circumstances. As professionals, it is our legal and ethical responsibility to ensure that all students are as safe as possible. Sometimes students contact the Wellbeing Service who may be in a high level of distress in their personal lives or with their mental health which may mean that they are vulnerable to harm from others or unable to keep themselves safe. If, at any time, we are seriously worried about your health or wellbeing, we may contact your local medical doctor (GP), Emergency Contact or another person who is involved in your support.

We will try to seek your consent first, but action may be taken without your consent, if it is deemed necessary for your safety or the safety of others. Please complete the form below fully so that we have the information we need to help us support you appropriately and manage any risks. Should you be unwilling to provide the information required within this form, the Wellbeing Service may not be able to provide you with support.

By completing this form, it is presumed you have read and are in agreement with the following: Student Wellbeing GDPR and Confidentiality Agreement.

EMERGENCY/URGENT SUPPORT

Please note we cannot provide emergency support. If you require urgent/emergency support, you should contact your doctor or the nearest hospital or services listed below:

Oxleas Mental Health Urgent Advice Line

0800 330 8590 (24hr)

This number is for residents of Greenwich, Bromley and Bexley (Avery Hill).

Kent and Medway Single Point of Access number

(urgent or emergency mental health):

0300 222 0123 (24/7) or

text 07860 022819 (8am-10pm).

If you live outside of these areas - you may need to internet search for the borough you live in to find out your local urgent mental health advice number. If you're unsure about what borough you live in click to find out your borough (all you need to know is your postcode). Alternatively you can call 111 if you are not sure. Remember you're not alone. There's always a helping hand to reach out to.

The University's Student Wellbeing Service offers a range of support in order to help you achieve your full personal and academic potential, but it is not a crisis or emergency service.

We understand that things can change at a fast rate, and matters may become more urgent. There's plenty of support out there, but sometimes it can be confusing knowing exactly how to access it. The Hub of Hope resource details local support services based on your postcode.

www.hubofhope.co.uk

The Mental Health, Wellbeing & Counselling Service offers a wide range of support. An appointment with the most appropriate practitioner will be offered based on the information you provide.

Please complete all sections.

Return this form by email to wellbeing@greenwich.ac.uk.

Student Details

| | | |
|------------------|----------------|---------|
| Title | First Name | Surname |
| Student ID | E-mail address | |
| Telephone number | Mobile number | |
| Date | | |

GP Details

GP surgery:

If you would like to Find a GP, please follow link: **find a GP**

Current Support

Are you currently receiving support in university?

Are you receiving support outside of university?

Please state medication and diagnosis if applicable?

Have you had support from the Student Wellbeing service previously if so, please state?

Student availability

Please state availability for appointments

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
| AM PM | AM PM | AM PM | AM PM | AM PM |

What do you see as your current concern or problem.

Please answer Yes or No

| | Yes | No |
|---|-----|----|
| Are you seeking help with regards to a extenuating circumstances application? | | |
| Are you seeking help because of an experience of sexual violence/assault? | | |
| Did the sexual assault happen within the last month? | | |

Please select the statements that you feel are closest to how you have been feeling in the past 2 weeks:

| | Not at all | Occasionally | Sometimes | Often | Most of/ all the time |
|---|------------|--------------|-----------|-------|--------------------------|
| I have been having difficulties with my studies/ getting my work in | | | | | |
| I am thinking of leaving my course | | | | | |
| I am worried about my exams/ assessments | | | | | |
| I have felt stressed and anxious | | | | | |
| I have felt depressed | | | | | |
| I have been in severe panic | | | | | |
| I have been unable to control my intake of drugs and alcohol | | | | | |
| I feel at crisis point | | | | | |
| I am worried about my state of mind | | | | | |
| I have thought about hurting myself | | | | | |
| I have hurt myself or taken risks with my health | | | | | |
| I have had suicidal thoughts and feelings | | | | | |

The Student Wellbeing Service offers different types of help.

If you know what support you would like to access please see below. Please tick one box:

| | Tick one box |
|--|--------------|
| Counselling - The counselling service offers short term therapeutic support. | |
| Mental Health & Wellbeing Appointments - Information and advice on managing mental health & Wellbeing difficulties including linking up with internal and external support. | |
| One-off Consultation - This session is to get some guidance about self-help strategies, or to talk over a specific issue. (This is not suitable for an urgent situation) | |
| I am not sure which one would best fit my needs, but I would like to speak to someone. | |

When completed please return this form by email to wellbeing@greenwich.ac.uk