



SGS Wellbeing Service &
Students' Union

CRISIS MENTAL HEALTH SUPPORT

wellbeingservice@sgscol.ac.uk

If you require urgent support contact your GP or their out-of-hours service.

For emergency medical treatment, you should go to your nearest accident and emergency department.

2gether NHS Trust Crisis Team

Cheltenham, Tewkesbury & North Cotswolds [0800 169 0398](tel:08001690398), press 3

Gloucester & Forest of Dean [0800 169 0398](tel:08001690398), press 2

Stroud & Cirencester [0800 169 0398](tel:08001690398), press 1

How to get help

Speak to any member of staff or email your concerns to the colleges Safeguarding Team at wellbeingservice@sgscol.ac.uk

For more information, advice and guidance visit [Ecampus](#)

Other support

[Childline](#) [0800 1111](tel:08001111)

[Give us a shout](#) Text SHOUT to **85258**

[Mind](#) [0300 123 3393](tel:03001233393) or text [86463](tel:86463)

[Rethink Mental Illness](#) [0300 500 0927](tel:0300500927)

[Samaritans](#) [116 123](tel:116123) or email jo@samaritans.org

[Teens in Crisis \(TIC\)](#)

[01594 372 777](#)

The Royal College of Psychiatrists Key Facts App give instant access to mental health information leaflets, animations and podcasts on topics ranging from bi-polar to surviving adolescence.

Available to download from iTunes and Google Play Store, search for [RCPsych Mental Health App](#)

