You have been given this card in case you feel you need some support at a time when college is closed and therefore the wellbeing provision is not available.

If you are feeling low or unsafe, it is important that you talk to someone you trust and let them know how you feel. Sometimes it can be difficult to talk to friends and family, so here are some other places you can contact instead.
Samaritans
116 123
jo@samaritans.org

Nightline
+44 (0)20 7631 0101

Papyrus
+44 (0)80 0068 4141
pat@papyrus-uk.org

Shout 24h crisis Text 85258

NHS 111 Emergency 999

Useful websites
www.imperial.ac.uk/student-support-zone/
www.kooth.com
www.papyrus-uk.org
https://www.beateatingdisorders.org.uk/
https://www.selfharm.co.uk/