

Health & wellbeing



The SAS is able to give you all the information you need about local professionals and health services to help with any problem affecting your wellbeing at University. Here are some top tips to keep you healthy and well and where to get help.

1. NHS Choice

Find details of all your local health services including GPs, dentists, hospitals, pharmacies and sexual health at www.nhs.uk.

2. Register with a local doctor

It is important to register with a local doctor (GP). Don't wait until you are unwell to register, if you become ill you may find it difficult to see a doctor. For UK students who have been registered with a doctor at home, you can still usually see your family doctor as a temporary patient over the holidays if you need to.

3. Sexual Health

Your GP can give you sexual health information. If you prefer to see a specialist Students Services run a weekly sexual health drop in clinic in Woodbury, Monday 12.00 - 2.30.

Worcester's Moor Street Clinic is open Monday to Saturday for information and support on any issue for young men and women under 25. Free contraception, pregnancy testing and advice are available. Phone the clinic for opening times 01905 681639.

4. Jonnies from Johnny

This confidential service run by the Students' Union offers free condoms by post if you text your details to 07804 055501. For specialist advice remember to use the Woodbury sexual health clinic.



5. Help with NHS healthcare costs

Students aren't necessarily eligible for free prescriptions, dental treatment and eye tests. You may be eligible for help with these costs under the low income scheme. Drop into the SU to pick up an application.

6. Spiritual Support

The Student Union supports the Christian Union student group which you can get involved in on campus. Further support is also available from the University Chaplain Fiona Haworth email f.haworth@worc.ac.uk

7. Drinking, Smoking and Drugs

Students are more likely to drink, smoke and take drugs than the rest of the population. There are lots of places to get information if you are concerned about yourself or others. The FRANK site www.talktofrank.com offers an A-Z of drugs as well as an email and phone line 24 hours a day 0800 77600.

8. Emotional Support

Samaritans provide confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide. Whatever you're going through, whether it's big or small Samaritans are there to listen.

Contact Samaritans by phone 08457 909090, email jo@samaritans.org or drop into the local Worcester branch in Sansome Place for face to face support.

9. Peer Support

Support from others of a similar age can be really valuable. www.horsemouth.co.uk is a website offering social networking and informal mentoring, where everyone can give and gain. You can search for a mentor, be a mentor, or simply browse the inspirational profiles and stories on the site.

10. Student Services

The University of Worcester run a range of student wellbeing services including mental health advisors, counselling, sexual health advice and the student wellbeing team. See www.worc.ac.uk/student/services for links to all the areas covered.



Drop into the SU



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