Where can I refer students who are struggling with emotional or psychological issues?

Is the student needing emergency/immediate psychiatric intervention? (e.g., where there is threat to life or medical attention is required)

Yes → If on campus, contact Security who will liaise with emergency services as appropriate Ext 22222
If off campus, phone 999

Does the student have a mental health diagnosis or a severe/enduring mental health difficulty/disability?

Yes → Signpost to the University Mental Health & Wellbeing team for an assessment of their individual needs such as reasonable adjustments/access to specialist MH mentors via DSA go.warwick.ac.uk/mentalhealth

Does the student have an interest/capacity to explore the roots of their psychological issues and effect changes?

Yes → Signpost to the University Counselling Service where the options available are individual counselling, email counselling and group therapy in addition to the specialist workshop programme go.warwick.ac.uk/counselling

Is the student interested in developing their general wellbeing?

Yes → Signpost the student to the University Mental Health & Wellbeing team for a range of Living Well events, sessions and appointments go.warwick.ac.uk/mentalhealth

Is the student unclear which service is required and/or will benefit from an initial discussion for further guidance?

Yes → Signpost to Student Support, University House, for practical guidance, support and appropriate referral go.warwick.ac.uk/studentsupport

Glossary
- Counsellors: Work to help explore the roots of psychological issues and/or to make cognitive changes
- Mental Health Co-ordinators: Work with students to help manage risk and severe/enduring mental health issues
- Mental Health Mentors: Offer regular mentoring sessions to support students who have a mental health disability
- Student Support Advisers: Provide information and guidance on practical issues and signpost to all services
- Wellbeing Advisers: Work proactively with students to promote general wellbeing

NB there may be overlaps – students may use more than one service – contact us for further guidance
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