Thank you for your email. Please note that this email account is monitored [include times/days/alternative department contacts where appropriate]. [Include some information about how long it is likely to be before the emailer receives a response].

If you are a student and feel you would benefit from Wellbeing support, please access our university Wellbeing portal here: [warwick.ac.uk/services/wss](https://warwick.ac.uk/services/wss/).

If you are a parent or guardian there is information on what to do if you have concerns: <https://warwick.ac.uk/services/wss/parents/#concern>.

If you or someone else are in immediate danger, please contact Community Safety Team (024 7652 2222) for on-campus support, and the Emergency Services (999) for off-campus support.

If you are struggling with your mental health but are not in immediate danger, Togetherall is available 24/7, for all University of Warwick students: [togetherall.com/en-gb](https://togetherall.com/en-gb/). If you feel unable to cope (or are worried about someone else) you can also call the Samaritans for free on 116 123.

For staff, you may wish to use The Employee Assistance Programme which is available 24/7: [warwick.ac.uk/employeeassistanceprogramme](https://warwick.ac.uk/services/healthsafetywellbeing/well-being/employeeassistanceprogramme/).

If you are a student, staff member or visitor to the University who has experienced harassment, discrimination, sexual misconduct, bullying and/or hate crime, please report it (in confidence) to Report and Support: [reportandsupport.warwick.ac.uk](https://reportandsupport.warwick.ac.uk/)

For all other services and opportunities, please visit the [Dean of Students website](https://warwick.ac.uk/services/dean-of-students-office/personaltutors/signpostingandreferral/).