

The Students' Union Student Advice Centre is closed for the holidays from 22 December - 1 January, re-opening at 10am on Wednesday 2 January 2019. While we're closed, if you need urgent advice please see the below contacts. You may also like to look at our website: [hallamstudentsunion.com/advice\\_help/](http://hallamstudentsunion.com/advice_help/)

### **Wellbeing**

Samaritans - if you need to talk to someone urgently about how you are feeling, you can contact the Samaritans; they are open 24 hours a day, 365 days a year.

- <http://www.samaritans.org/how-we-can-help-you/contact-us>
- Tel: 116 123, email: [jo@samaritans.org](mailto:jo@samaritans.org)

Sheffield Helpline (mental health issues)

- [www.sheffieldmentalhealth.co.uk](http://www.sheffieldmentalhealth.co.uk)
- Tel: 0808 801 0440 (24/7, freephone)

Big White Wall - 24/7 peer and professional support, with trained counsellors online at all times, plus a range of wellbeing tools. A safe, anonymous service.

- [bigwhitewall.com](http://bigwhitewall.com) - log in with your university email address

Substance Misuse Service (drug and alcohol services): 0114 305 0500

South Yorkshire Police: 101

Sexual Assault Referral Centre:

- Tel: 01709 427327, email: [SARC@rothgen.nhs.uk](mailto:SARC@rothgen.nhs.uk)

Women's Aid

- Tel: 0808 2000 247, email: [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)

### **Housing**

For urgent housing advice, contact Shelter:

- [https://england.shelter.org.uk/get\\_help](https://england.shelter.org.uk/get_help)
- Tel: 0808 800 4444

Sheffield council housing advice line - emergency out of hours: 0800 7311 689

Salvation Army Sheffield (Homeless Centre, 126 Charter Row): 0114 272 5158

### **Money / debt problems**

National Debtline website: [www.nationaldebtline.org/](http://www.nationaldebtline.org/)

### **International students**

UKCISA website: [www.ukcisa.org.uk/Information--Advice](http://www.ukcisa.org.uk/Information--Advice)

### **General advice**

Citizens' Advice website: [www.advicesheffield.org.uk](http://www.advicesheffield.org.uk)