

# Student Services



DO YOU NEED

**HEALTH AND  
WELLNESS  
RESOURCES?  
WE CAN HELP**

**DOCTOR'S OFFICE**

**COUNSELLING**

**CONTRACEPTION**

**... AND MORE!**

## **EMERGENCY ASSISTANCE 999**

Call 999 in a medical emergency – when someone is seriously ill or injured and their life is at risk.

*If you are on site please ask the SLC on-call or Bader Reception to dial 999 for you.*

## **DOCTOR'S OFFICE**

Doctor's appointments are available:

- Mondays 12:30pm—1:30pm

Book appointments at Bader Reception.

The clinic is the first door on the right on

D2 Corridor. Please wait in Bader Reception to be called.

You also have access to the doctor's office in the village ([www.hmxihc.co.uk](http://www.hmxihc.co.uk)). Book appointments in advance or on the day at 01323 833535.

Open Mon—Fri, 8:30am—1pm, 3:30pm—6:30pm

## **WALK-IN CLINIC**

The Walk-In clinic is located at Eastbourne Train Station. Call ahead on 01323 726650 to book an appointment.

Open 7 days a week, 8am—8pm

## **COUNSELLING**

There are two counsellors who come on-site.

Counselling appointments take place in Bader Hall in the Wellness Space in D1 corridor. Book an appointment through:

<https://10to8.com/book/bisccounselling/>

## **Additional Options**

The NHS offers a free mental wellness support service delivered online called **Silvercloud**. For more information and online self-referral go to <http://tinyurl.com/nhs-silvercloud>

Download the **ESC Student app** from the iTunes store. Students who download the app and produce a receipt will be reimbursed the full cost (79p). Maximum one reimbursement per student.

## NHS 111

You should use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation.

*If you are on site and call NHS 111 we strongly encourage you to also contact the SLC on call.*

## FREE CONTRACEPTION!

Free condoms are available from the dispenser in the all-gender washroom on D2 Corridor, as well as from Student Services offices.

You can get free contraception and condoms from most GP surgeries – talk to your GP or practice nurse

## MORNING AFTER PILL

The morning after pill (Levonelle or ellaOne) is available from Warwick + Radcliffe Pharmacy in Herstmonceux, free of charge to students under the age of 25 and who are registered on the NHS. Also available to private patients. Costs as of September 2016 are c.£23 and £34 respectively.

## QUEEN'S STUDENT WELLNESS SERVICES

[www.queensu.ca/studentwellness/home](http://www.queensu.ca/studentwellness/home)

Student Wellness Services have lots of great online resources to help you stay healthy and well. Some of our favourites are:

- Student Health 101 (<http://tinyurl.com/j3xdoj5>)
- Self-Help Workbooks (<http://tinyurl.com/z23y5sq>)

## SEXUAL HEALTH

**Avenue House, Eastbourne**

[www.eastsussexsexualhealth.co.uk](http://www.eastsussexsexualhealth.co.uk)

Avenue House is a drop-in service offering free contraception, emergency contraception, and STI-testing services. All tests and treatments are free of charge. You do not need a GP referral.

Phone: 01323 416100 (Option 1)

Open Mon—Fri, 8:30am—7:15pm

## NATIONAL SUPPORT SERVICES

**Samaritans**

[www.samaritans.org](http://www.samaritans.org) or email [jo@samaritans.org](mailto:jo@samaritans.org)

Currently, the Samaritans are the only 24 hour helpline available for those who have experienced sexual violence. They also provide confidential emotional support 24/7 to those experiencing despair, distress or suicidal feelings.

Freephone: 116 123 (Mon—Sun, 24hrs)

**Get Connected**

[www.getconnected.org.uk](http://www.getconnected.org.uk)

Get Connected is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn.

Freephone: 0808 808 4994 (Mon—Sun, 11am—1pm)

**EACH**

(Educational Action Challenging Homophobia)

<http://www.eachaction.org.uk>

Support for adults and young people affected by homophobic or transphobic bullying.

Freephone: 0808 1000 143 (Mon—Fri, 9:30am—4pm)

**BEAT**

<https://www.b-eat.co.uk>

Beat is the UK's eating disorder charity, providing a helpline, online resources, online support groups, and more.

Phone: 0345 634 7650 (Mon—Wed, 1pm—4pm)

**Student Services**

[studentservices@bisc.queensu.ac.uk](mailto:studentservices@bisc.queensu.ac.uk)

