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**Supporting Students: USVSV First Responder Programme**

**Support Services for First Responders at Brunel University London**

**Support at Brunel**

**The Counselling Service**: 01895 267045 / studentsupport@brunel.ac.uk

The service is available to both students and staff at Brunel University to discuss anything, big or small, whether personal, academic or work-related. Students can access the service via the Student Support and Welfare Team; students can call, email (the above address) or visit the Student Centre in person (Howell Building). Staff should contact wellbeing@brunel.ac.uk

**Mental Health Advisers:** 01895 267045 / studentsupport@brunel.ac.uk

Mental Health Advisers are able to offer practical support in dealing with mental health conditions. They can also help create academic support profiles for students with a mental health diagnosis.

**Medical Centre**: 01895 234436

Open Mon-Fri 8.30am-6.30pm, with a student walk-in surgery daily between 11:30am-1:15pm.

**The Chaplaincy**: 01895 266460 / meeting-house@brunel.ac.uk

The Chaplaincy is both a place and a team of people, who can offer a listening ear, personal help and advice, and spiritual support. Chaplains are from a range of different faiths and backgrounds. The Meeting House is open Mon-Fri 9am-4pm and meditation is held daily between 12-12.30pm.

**Advice and Representation Centre (ARC)**: advice@brunel.ac.uk

A UBS service which provides free advice on support if there are any issues affecting your academic studies.

**Campus Security Services**: 01895 255786 / securityoperations@brunel.ac.uk

The Security Control Room is located in the Wilfred Brown Building on the main concourse opposite the pond. This is occupied 24/7 by uniformed security officers.

**Brunel Campus Police Officer**: Barry.Cilia@brunel.ac.uk

**Equality and Diversity Office**: diversebrunel@brunel.ac.uk

**Brunel Buddies scheme**: <https://buddies.brunel.ac.uk/>

The Brunel Buddies scheme supports new students through their first weeks at Brunel. Buddies are trained Brunel students who use their own personal experience of being a new student to answer your questions and let you know about available support services at Brunel.

**Disability and Dyslexia Service**: 01895 267045 / studentsupport@brunel.ac.uk

This service is accessed via the Student Support and Welfare Team; students can call, email or visit the Student Centre in person (Howell Building).

**Student Complaints Officer**: student-complaints@brunel.ac.uk

**Conduct and Appeals (OSCCA)**: conduct@brunel.ac.uk / http://www.brunel.ac.uk/life/supporting-you/student-complaints-conduct-and-appeals

**National and London-based Support Services**

**Women and Girls Network**: <http://www.wgn.org.uk/>

Offers support, local advice, counselling and groups, (excellent website with resources and guidance) helpline, to women and girls who’ve experienced domestic or sexual violence.

**Havens**: <https://www.thehavens.org.uk/about-us/>

Practical, medical (non-hospital based) support for anyone who has experienced sexual violence recently.

**Rape Crisis**: <https://rapecrisis.org.uk/>

Support for anyone who has experience sexual violence, (mainly women’s services, but some offer for friends and family and men too).

**Violence Against Women and Girls (VAWG)**: <http://thelondonvawgconsortium.org.uk/>

Has resources, events and links to services nationwide.

**Rights of Women**: [www.rightsofwomen.org.uk](http://www.rightsofwomen.org.uk)

Deliver training, have a great deal of resources, **including a ‘From Report to Court’ guide, that is very useful!**

**The Survivors Trust**: <http://thesurvivorstrust.org/>

Has lots of resources and links to services, as well as great guidance for those supporting!

**Men only**

**Men’s Advice Line**: <http://mensadviceline.org.uk/>

Helpline for men of any sexuality who are experiencing/have experienced domestic violence or abuse.

**Survivor UK**: <https://www.survivorsuk.org/>

London-based support for male survivors of sexual violence.

**Domestic Violence**

**Refuge**: <http://www.refuge.org.uk/>

Help for those fleeing domestic violence.

**Women’s Aid**: <https://www.womensaid.org.uk/>

Help for women experiencing domestic violence, can signpost to local charities as well.

**Childhood Sexual Abuse**

**Into the Light**: <http://www.intothelight.org.uk/>

Offers excellent trainings for anyone who’s experienced or supports those who have experienced childhood sexual abuse, delivers groups, has lots of info and resources on their website.

**One in Four**: <http://www.oneinfour.org.uk/>

For adults who have experienced any childhood sexual abuse. Offers counselling (sliding scale cost), and lots of info (good book – The warrior within).

**Mental Health and Suicidal Feelings**

**Samaritans**: <http://www.samaritans.org/>

Helpline for anyone struggling or feeling suicidal.

**Mind**: <http://www.mind.org.uk/>

Offers guidance and helpline for anyone needing support/advice around mental health. Local Minds also offer day centre and counselling services.

**Sane**: <http://www.sane.org.uk/>

Offers guidance and a helpline for anyone needing support/advice around mental health

**Big White Wall**: <https://www.bigwhitewall.com/university>

24/7 online peer support for people who are anxious, down or not coping. An anonymous, free community guided by trained professionals.

**BAME Women**

Ashiana Network: <http://ashiana.org.uk/>

Refuge, counselling and advice for black and minority ethnic women and girls (14+) who have experienced domestic abuse.

**Imkaan**: <http://imkaan.org.uk/AboutUs>

Lots of resources and info around support for BAME women who have experienced Sexual/domestic violence

**Southall Black Sisters**: <http://www.southallblacksisters.org.uk/>

Domestic and sexual violence support for women in the BAME community

**LGBT People**

**London Friend**: <http://londonfriend.org.uk/>

Offers a variety of support (counselling, domestic violence advice, drug and alcohol, sexual health) to LGBT people

**Galop**: <http://www.galop.org.uk/useful-links/>

Useful resource lists for support for LGBT people who have experienced all forms of violence including sexual violence. Also hosts the National Lesbian, Gay, Bisexual & Trans Domestic Abuse Helpline.

Trans Survivors Switchboard: <http://switchboard.org.uk/projects/helpline/trans-survivors-switchboard/>

Survivors’ Network and LGBT Switchboard run a helpline offering support to trans people, including non-binary and questioning people, who have experienced sexual violence.

**Disabled People**

**Disability Rights UK**: <https://www.disabilityrightsuk.org/organisations-your-area>

Useful resource list of local charities that offer support and advocacy to disabled people

**Disabled Survivors Unite**: http://disabledsurvivorsunite.org.uk/

*There are lots of low cost counselling and psychotherapy services. Many counselling and psychotherapy training schools also offer longer term therapy, as does:*

*The Awareness Centre:* [*https://theawarenesscentre.com/*](https://theawarenesscentre.com/)

*The Bowlby Centre:* [*https://thebowlbycentre.org.uk/*](https://thebowlbycentre.org.uk/)