


# Are you worried about a friend?

Student  
Wellbeing  
Centre



**I'm worrying about my friend and it's affecting my studies...**

**My friend has had a death in their family and they're not coping well...**

**My friend doesn't come out with us anymore...**

**My friend seems to be abusing drugs/alcohol...**

**My friend isn't eating...**

If any of these sound familiar, there is a chance that your friend needs some support, either from Student Wellbeing or another service. As a compassionate friend you can point them in the right direction but you don't need to take responsibility for their actions or worry about trying to fix things.

**Turn over to see available services >>**

# Support Services in Lincoln



UNIVERSITY OF  
LINCOLN

**Online reporting**  
[studentservices.lincoln.ac.uk  
/sexual-misconduct/](http://studentservices.lincoln.ac.uk/sexual-misconduct/)

**West Lincolnshire  
Domestic Abuse  
Service**  
<http://www.wldas.org.uk/>

**A&E at  
Lincoln  
Hospital**

**Steps2Change**  
0303 123 4000

**Samaritans**  
116 123

**We are with you**  
01522 305518

**Mind**

**Student Wellbeing Centre** 01522 886400 / [studentwellbeing@lincoln.ac.uk](mailto:studentwellbeing@lincoln.ac.uk)

**Student Support Centre** 01522 887080 / [studentsupport@lincoln.ac.uk](mailto:studentsupport@lincoln.ac.uk)

**For out of hours support:** 111 for NHS, 101 for Police.

***If it is an urgent emergency please contact 999***