

Life Lounge Christmas Closure (includes all Student Services)

12pm on Friday 15th December 2023
to
8.45am on Thursday 4th January 2024

The University may be closed for Christmas but there's still plenty to do and support available!



DID YOU KNOW YOUR SU HAS EVENTS GOING ON ALL THROUGH DECEMBER?

Check out their events [here](#) which include events during the break like the [Christmas Quiz](#) (don't forget to book your ticket!) and [Christmas Games](#) both on Zoom!

Umii connects you to other students at Bolton with the same interests, similar course types and societies as you.



Click on the logo to get started!

VOLUNTEERING!

Check out the [Volunteering Opportunities](#) page on the Bolton SU website. It has information on what volunteering options are available as well as how to sign up!



What support services are available during the University festive break?

While the University may be closed that doesn't mean there is no support available, on this page you will find information and links to all kinds of services that you can access if they feel they are suitable for you!

Helplines

The Samaritans

Call: 116 123 Opening Hours: 24/7

Papyrus- Prevention of Young Suicide

Call: 0800 068 4141 Text: 07860 039967 Email: pat@papyrus-uk.org
Opening Hours: Weekdays 10am - 10pm / Weekends 2pm - 10pm / Bank Holidays 2pm - 10pm

Shout Crisis Textline

Text: SHOUT to 85258 Opening Hours: 24/7

Greater Manchester Mental Health NHS Trust Helpline

Call: 0800 953 0285 Opening Hours: 24/7

Refuge

Domestic Abuse Helpline: 0808 2000 247 Opening Hours: 24/7

ManKind

Confidential helpline for male victims of domestic abuse/violence
Tel: 01823 334 244 Opening Hours: Weekdays 10am - 4pm

Galop

For LGBT+ people experiencing abuse or violence
Telephone: 0800 999 5428 Email: help@galop.org.uk
Opening Hours: Monday to Thursday 10am - 8.30pm / Friday 10am - 4.30pm

Online Support

Togetherall

Join with your Uni email address and you'll have immediate access to support

Kooth (for ages 10 to 25)

Free, online 24/7 support for mental health and wellbeing

Qwell (for ages 26 and over)

Free, online 24/7 support for mental health and wellbeing

Student Space

Expert information and advice to help you through the challenges of student life

Hub of Hope

A search engine that allows you to find support services near you

Staying Safe

An online resource exploring staying safe from suicidal thoughts



Student Support Fund

Worried your finances won't stretch until your next Student Finance payment or payday? If so, then the Bolton Student Support Fund may be able to help you, follow the link to their website to see more information about what this is and how to apply.

Struggling for Food?

If you are worried about where your next meal is coming from scanning the QR code below will help you locate a food bank in the Greater Manchester area



Want to access NHS Talking Therapies?



Scan this QR code to find out more about this service and locate your local options

Need a GP?



Scan this QR code to go to the NHS Find a GP page



Complete our online REGISTRATION FORM to access the Life Lounge services

Please remember we will not be able to get back to you between 15/12/23 and 04/01/24. But we will be in touch when we return!

If you need help urgently for your mental health but it's not an emergency, get help from NHS 111 Online or call 111.

If you feel that your mood or mental state is deteriorating and you are not able to maintain your own safety and/or the safety of others, please contact 999 or attend your nearest Accident & Emergency Department (A&E) for further assessment of your mental health support needs.

Your mental health is as important as your physical health, you will not be wasting anyone's time.