

# You Are Important

## Out of hours support

You have been given this card in case you feel you need some support at a time when college is closed and therefore the wellbeing provision is not available.

If you are feeling low or unsafe, it is important that you talk to someone you trust and let them know how you feel. Sometimes it can be difficult to talk to friends and family, so here are some other places you can contact instead.

**ESE Wellbeing**   
Imperial College  
London

# ESE Wellbeing

Imperial College  
London

## Samaritans

116 123

[jo@samaritans.org](mailto:jo@samaritans.org)

## Nightline

+44 (0)20 7631 0101

## Papyrus

+44 (0)80 0068 4141

[pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

**Shout 24h crisis** Text 85258

**NHS 111 Emergency** 999

## Useful websites

[www.imperial.ac.uk/student-support-zone/](http://www.imperial.ac.uk/student-support-zone/)

[www.kooth.com](http://www.kooth.com)

[www.papyrus-uk.org](http://www.papyrus-uk.org)

<https://www.beateatingdisorders.org.uk/>

<https://www.selfharm.co.uk/>