

# HELP!

**Some suggested sources of advice if you are having a hard time:**

<b>National Union of Students</b>	08 71 221 8 221	<a href="http://www.nus.org.uk">www.nus.org.uk</a>
<b>The Site</b> (“advice for life”)		<a href="http://www.thesite.org">www.thesite.org</a>
<b>Samaritans</b> (counselling)	08 457 90 90 90	<a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>
<b>London Nightline</b> (counselling)	020 7631 0101	<a href="http://www.nightline.org.uk">www.nightline.org.uk</a>
<b>Holborn Police Station</b>	101	<a href="http://www.met.police.uk/camden">www.met.police.uk/camden</a>
<b>NHS Direct</b> (health advice)	08 45 46 47	<a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a>
<b>Helpguide</b> (“help with health challenges”)		<a href="http://www.helpguide.org">www.helpguide.org</a>
<b>Mind</b> (mental health charity)	03 00 123 3393	<a href="http://www.mind.org.uk">www.mind.org.uk</a>
<b>National Drugs Helpline</b>	08 00 77 66 00	<a href="http://www.talktofrank.com">www.talktofrank.com</a>
<b>Drink Smarter</b>	08 00 7 314 314	<a href="http://www.drinksarter.org/drinkline">www.drinksarter.org/drinkline</a>
<b>Terrence Higgins Trust</b> (HIV)	08 45 12 21 200	<a href="http://www.tht.org.uk">www.tht.org.uk</a>
<b>FPA</b> (“talking sense about sex”)	020 7837 4044	<a href="http://www.fpa.org.uk">www.fpa.org.uk</a>
<b>Lesbian &amp; Gay Switchboard</b>	020 7837 7324	<a href="http://www.llgs.org.uk">www.llgs.org.uk</a>
<b>National Debtline</b>	08 08 808 4000	<a href="http://www.nationaldebtline.co.uk">www.nationaldebtline.co.uk</a>
<b>Citizens Advice Bureau</b>	03 00 330 06 46	<a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>

**Remember the Warden & Senior Members are here in Hall to help you**

**The emergency services number in the UK is 999**



Hall website:  
[www.connaught-hall.org.uk](http://www.connaught-hall.org.uk)



Warden’s email address:  
[warden@connaught-hall.org.uk](mailto:warden@connaught-hall.org.uk)



Warden’s open office schedule:  
[openoffice.connaught-hall.org.uk](http://openoffice.connaught-hall.org.uk)



Residents’ Handbook:  
[handbook.connaught-hall.org.uk](http://handbook.connaught-hall.org.uk)