

'NEED TO KNOW' INFORMATION

Register with a medical practice – all students should be registered with a medical practice in Reading

[reading.ac.uk/
register-with-
doctor](http://reading.ac.uk/register-with-doctor)

NHS 111 – 24-hour National Health Service non-emergency health advice

 111

Eat well – hints and tips on staying healthy

[reading.ac.uk/
staying-
healthy](http://reading.ac.uk/staying-healthy)

Personal safety – staying safe around campus and in the local area

[reading.ac.uk/
safety-and-
security](http://reading.ac.uk/safety-and-security)

Life Tools talks – develop the essential skills for managing your life at university and beyond

[reading.ac.uk/
life-tools](http://reading.ac.uk/life-tools)

Homesickness and settling in – how to cope with feeling homesick

[reading.ac.uk/
settling-in](http://reading.ac.uk/settling-in)

Harassment and bullying – where to get support and report incidents

[reading.ac.uk/
never-ok](http://reading.ac.uk/never-ok)

Drugs and alcohol – know our regulations and where to get help

[reading.ac.uk/
drugs-and-
alcohol](http://reading.ac.uk/drugs-and-alcohol)

Meningitis – know the signs and symptoms

[reading.ac.uk/
meningitis](http://reading.ac.uk/meningitis)

Mental health and wellbeing – counselling, advice and online resources

[reading.ac.uk/
counselling](http://reading.ac.uk/counselling)

Disability service – support for disabilities and learning difficulties

[reading.ac.uk/
disability-
advisory-
service](http://reading.ac.uk/disability-advisory-service)

Samaritans – someone to talk to whenever you like about whatever is getting to you

samaritans.org
 116 123

UK police service – 24-hour non-emergency support

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Our **Student Welfare Team** are here to help with any personal difficulties you may be facing. Visit them in the Carrington Building or contact them by phone or email:
reading.ac.uk/welfare-team



URGENT CONTACTS

24-hour University Security Services (emergency) 0118 378 6300

24-hour Halls Hotline (University halls) 0118 378 7777

Your Medical Practice



University Medical Practice 0118 987 4551

24-hour police, ambulance and fire services (emergency only) 999

24-hour NHS Mental Health Crisis Team (Berkshire) 0300 365 0300

FIND OUT MORE



reading.ac.uk/essentials
reading.ac.uk/looking-after-yourself



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University of
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LOOK AFTER YOURSELF AT UNIVERSITY

