'NEED TO KNOW' INFORMATION

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

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

Eat well – hints and tips on staying healthy

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

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

Homesickness and settling in – how to cope with feeling homesick

Harassment and bullying – where to get support and report incidents

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

Meningitis – know the signs and symptoms

Mental health and wellbeing – counselling, advice and online resources

Disability service – support for disabilities and learning difficulties

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

UK police service – 24-hour non-emergency support

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>24-hour University Security Services (emergency)</td>
<td>0118 378 6300</td>
</tr>
<tr>
<td>24-hour Halls Hotline (University halls)</td>
<td>0118 378 7777</td>
</tr>
<tr>
<td>Your Medical Practice</td>
<td>University Medical Practice 0118 987 4551</td>
</tr>
<tr>
<td>24-hour police, ambulance and fire services (emergency only)</td>
<td>999</td>
</tr>
<tr>
<td>24-hour NHS Mental Health Crisis Team (Berkshire)</td>
<td>0300 365 0300</td>
</tr>
</tbody>
</table>

### FIND OUT MORE

- [reading.ac.uk/essentials](http://reading.ac.uk/essentials)
- [reading.ac.uk/looking-after-yourself](http://reading.ac.uk/looking-after-yourself)
- [@UniRdg_Student](http://twitter.com/UniRdg_Student)