

As a Service, we operate within UK Law and within an ethical framework set by the British Association for Counselling and Psychotherapy and other professional bodies within the UK. All data are kept confidentially according to GDPR and we only break confidentiality in high risk situations.

As professionals, it is our legal and ethical responsibility to ensure that all students are as safe as possible. If at any time we are seriously worried about your health or wellbeing, we may contact your local medical doctor (GP), Trusted Contact or another person involved in your support. We will try to seek your consent first, but action may be taken without your consent, if it is deemed necessary for your safety or the safety of others.

Please complete the form below fully. Should you be unwilling to provide the information required within this form the Student Wellbeing Service may not be able to provide you with support.

By completing this form, it is presumed you have read and agree with the Student Wellbeing GDPR and Confidentiality Agreement.

STUDENT WELLBEING OFFER

The University's Student Wellbeing Service is an appointments-based service that offers a range of support that can help you achieve your full personal and academic potential.

This includes:

- short-term counselling
- disability/dyslexia advice and reasonable adjustments through Greenwich Inclusion Plan
- mental health support
- support to look after your psychological wellbeing
- or a combination of the above.

An appointment with the most appropriate practitioner will be offered based on the information you provide in the form below. Therefore, we ask you to please complete the form in full.

The service is not open during evenings, weekends, or bank holidays. Out-of-hours you can access our student wellbeing service provider [Spectrum.Life](https://www.spectrum.life).

Extenuating Circumstances (EC) Claims

It is only after attending a full appointment with the Student Wellbeing Service that your allocated coordinator can determine if your EC claim can be supported.

EMERGENCY/URGENT SUPPORT

PLEASE NOTE:

We cannot provide urgent or emergency help for physical or mental health symptoms.

If you require urgent/emergency support, you should contact your doctor (GP), or the nearest hospital or services listed below:

NHS 111 - call or access [111 online](https://111.nhs.uk) to get help for your physical or mental health symptoms.

Spectrum.Life - our 24/7/365 student assistance service.

Freephone UK: **0800 031 8227**

WhatsApp: Text 'Hi' to **07418 360 780**

App: Download the app by searching "[Spectrum.Life](https://www.spectrum.life)" in iOS or Android.

Web address: app.spectrum.life/login

Sign up with organisation code: **uogwell**

Self-help Resources -

[UOG Wellbeing Hub](#)

[Wellbeing Moodle](#)

Find local therapy (including internationally):

<https://www.therapyroute.com/>

Student Details

Title:	Pronouns:	Student ID:
First Name:	Surname:	
Telephone number (UK number only):	Mobile number:	
Today's date:	Email address:	

GP Details

Name, address, and contact number of the GP practice/medical centre you are registered with:

It is expected that all students who seek support from the Student Wellbeing Service for their mental health are registered with a local NHS GP practice. Failure to register with an NHS GP practice may compromise the support that the Student Wellbeing Service can offer. If you would like to [find a GP, please click here to find a GP.](#)

Current Support

Are you currently receiving support in university? Please provide name and contact details.

Have you had support from the Student Wellbeing service previously if so, please give details of when and with whom.

Are you receiving support outside of university? Please provide name and contact details.

Please list what diagnosis/es you have been given and what medication you are taking, if applicable?

Student availability

Please tick your availability for appointments.

Monday	Tuesday	Wednesday	Thursday	Friday
AM PM	AM PM	AM PM	AM PM	AM PM

Student appointment method

Please tick which method of appointment you prefer.

Please note: in-person appointments are available on all campuses. If we cannot meet your preference, we will book you the earliest available appointment. (If we need to speak with you outside of regular appointments, this will be by phone, text or email at any time during office hours)

Telephone	Microsoft Teams online	In person (on campus)
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Please note:

Are you seeking help because of an experience of sexual violence/assault/bullying or harassment? If you require help to report this or are not sure of what to do next, please contact the university's Report + Support Service by completing the online form on their webpage:

[Report + Support Service \(University of Greenwich\)](#)

However, if you are seeking Counselling to gain emotional support for an experience of sexual violence/assault/bullying or harassment, please tick the Counselling box on the last page of this form.

Please select the statements that you feel are closest to how you have been feeling in the past 2 weeks:

	Not at all	Occasionally	Sometimes	Often	All the time
I am thinking about ending my life					
I have self-harmed					
I am struggling to attend lectures/ placements					
I am struggling to meet my assignment deadlines					
I am worried about my exams					
I am not sure if I can complete my course because of my mental health					
I am struggling financially					
I am struggling with making friends/ keeping relationships.					
I am unable to control my eating/spending/gambling/internet use					
I have been unable to control my intake of drugs and/or alcohol					
I have felt depressed					
I have been in severe panic					
I have felt stressed and anxious					
I am worried about my state of mind					

