YOUR WELFARE GUIDE

**HEALTH**

- **BULLYING**
  - YES
  - **NAPC CROSS**
    - Support for women who have experienced sexual violence.
  - NO
  - **IT’S NOT MARRY**
    - Academic bullying.
    - Reporting it is advised.
    - The SU will respond.
    - YES
    - NO

- **HOUSING**
  - YES
  - SAC: Contact SAC for help.

- **ACADEMIA**
  - YES
  - **PERSONAL TUTOR**
    - Get in contact with your personal tutor for academic development.
  - NO
  - **COURSE HELP**
    - Contact SAC for help.

- **DISCIPLINARY**
  - YES
  - SAC: Contact SAC for help.
  - NO

- **DRUGS**
  - YES
  - **EVS**
    - Get in contact with EVS for support.
  - NO
  - **SEDP**
    - Student harm.
  - NO
  - **LIFELINE**
    - Contact SAC for help.
  - NO

- **MENTAL HEALTH**
  - YES
  - **COUNSELLING**
    - Support for mental health.
    - YES
    - NO
  - **GROUP THERAPY**
    - Contact SAC for help.
    - YES
    - NO
  - **ONLINE AND SELF HELP**
    - Contact SAC for help.
    - YES
    - NO

- **SAC / SWS**
  - YES
  - **EMERGENCY LOANS**
    - Contact SAC for help.
  - NO
  - **INTERNATIONAL SCHOLARSHIPS**
    - Contact SAC for help.
  - NO
  - **HARDSHIP FUND**
    - Contact SAC for help.
  - NO

- **EMPLOYMENT**
  - YES
  - **CONTACT CAREERS**
    - Help with policies.
    - YES
    - NO

- **LEGAL**
  - YES
  - **RELEASE REPAIR**
    - Contact SAC for help.
    - YES
    - NO
  - NO

**ACADEMIA**

- YES
  - **PERSONAL TUTOR**
    - Get in contact with your personal tutor for academic development.
  - NO
  - **COURSE HELP**
    - Contact SAC for help.

- **DISCIPLINARY**
  - YES
  - SAC: Contact SAC for help.
  - NO

- **DRUGS**
  - YES
  - **EVS**
    - Get in contact with EVS for support.
  - NO
  - **SEDP**
    - Student harm.
  - NO
  - **LIFELINE**
    - Contact SAC for help.
  - NO

- **MENTAL HEALTH**
  - YES
  - **COUNSELLING**
    - Support for mental health.
    - YES
    - NO
  - **GROUP THERAPY**
    - Contact SAC for help.
    - YES
    - NO
  - **ONLINE AND SELF HELP**
    - Contact SAC for help.
    - YES
    - NO

- **SAC / SWS**
  - YES
  - **EMERGENCY LOANS**
    - Contact SAC for help.
  - NO
  - **INTERNATIONAL SCHOLARSHIPS**
    - Contact SAC for help.
  - NO
  - **HARDSHIP FUND**
    - Contact SAC for help.
  - NO

- **EMPLOYMENT**
  - YES
  - **CONTACT CAREERS**
    - Help with policies.
    - YES
    - NO

- **LEGAL**
  - YES
  - **RELEASE REPAIR**
    - Contact SAC for help.
    - YES
    - NO
  - NO

If you need any help refering your wellbeing, and if the above flow chart has not pointed you in the right direction, then get in contact with the Welfare and Equality officer at your Students’ Union.

Telephone: 01912393917
Email: welfare.union@ncl.ac.uk

**SAC** - Student Advice Centre
**SWS** - Student Wellbeing Service
**SSDP** - Student For Sensible Drug Policy