

Buckingham's
Little Blue Booklet
2024-25



Little
Blue



How To Use this Booklet

This booklet aims to help you navigate all of the welfare services in Buckingham & Crewe. They are grouped according to how you are feeling, with details of each service in the second half of the booklet. Choose the description which best fits you:

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Little Blue: Our Story

The Little Blue Booklet was created by Hannah Cooney and Xav Leonard when we were 2nd years at Bristol Medical School. We found that the sheer number of options made accessing wellbeing services overwhelming, so we wanted to create a simple framework to make choosing a wellbeing service easier. We hope you find it useful.



After receiving positive feedback in Bristol, we felt that we wanted more medical students to be able to benefit from the booklet. That is why we founded the charity Little Blue, with the help of Lauren Laird, which would enable us to get the booklet nationwide. There are now versions of the Little Blue Booklet at Bristol, Liverpool, and Buckingham.

We are always looking to improve, if you have any ideas of how to improve this resource or want to be involved, DM us on Instagram or email us:

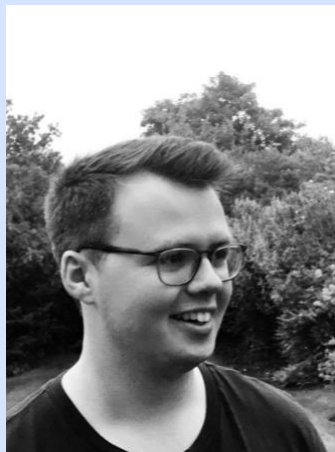


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1. "I need help now"

For life-threatening emergencies: Go to A&E, ring 999 OR 111.

Crisis lines: Someone to talk to, no judgement

National Helplines

For mental health emergencies	Contact details:	Opening Times:
Samaritans	Call 116 123 Website: https://www.samaritans.org/	24/7 "No judgement. No pressure. We're here for anyone who needs someone."
SANEline	0300 304 7000	Every day 4pm to 10pm
Papyrus	Call- 0800 068 4141 Text- 07860039967 Website: https://www.papyrus-uk.org/	24/7 "If you or someone you know may be considering suicide or having suicidal thoughts"
Shout	Text 'SHOUT' to 85258	24/7 Confidential 24/7 text service offering support if you are in crisis and need immediate help
111 NHS	Call 111 and select the mental health option.	24/7 Access 111 online or call if you or someone you know is in a mental health crisis and you may be able to speak to a trained mental health professional over the phone.
Mind	Contact: Support line: 0300 102 1234	Opening Hours: 9am to 6pm, Monday to Friday (except bank holidays)

		Mind's helplines provide a voice at the end of the phone for different mental health or wellbeing needs – from information and service finding to understanding mental health law. Advisors are trained to listen to you and help you find specialist support if you need it.
Calmzone	Contact: 0800 58 58 58	Opening Hours: 5pm to midnight, every evening Provides emotional support for men nationwide. They also offer a webchat service.

Specialist Helplines

For mental health emergencies	<u>Contact details:</u>	<u>Opening Times:</u>
<p>Suicide:</p> <p>National Suicide Prevention Helpline UK</p> <p>Campaign Against Living Miserably (CALM)</p>	<p>Contact: 0800 689 5652. Offers a supportive listening service to anyone with thoughts of suicide.</p> <p>Contact: 0800 58 58 58 Details: Call CALM if you're affected by suicide or suicidal thoughts. Alternatively, use the CALM webchat service.</p>	<p>Opening Hours: 6pm to midnight, every day</p> <p>Opening Hours: 5pm to midnight, every day</p>

<p>Drugs and Alcohol:</p> <p>Talk to Frank</p>	<p>Contact: 0300 123 6600 Website: Talk to Frank Details: A national drugs helpline.</p>	<p>24/7</p>
<p>Drinkline</p>	<p>Contact: 0300 123 1110 Details: A free, confidential helpline for anyone concerned about their drinking or someone else's.</p>	<p>24/7</p>

Local Helplines

For mental health emergencies	<u>Contact details:</u>	<u>Opening Times:</u>
<p>Whiteleaf Centre- Oxford Health NHS Foundation Trust</p>	<p>Call: 01865 902000</p>	<p>Open 24/7</p>
<p>Safe Haven (part of Buckinghamshire Mind)</p>	<p>High Wycombe: Contact: 01494 218098 Aylesbury: Contact: 01296 453017</p>	<p>7 nights per week (6:30PM- midnight)</p>

2. "There is a Problem"

You are having a hard time and you feel that you definitely need some help. All of these services are judgement free and have your best interests in mind. Here are some options for you.

Counselling

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The Therapy Company11

If you are looking for counselling that is more specialist, many of the services listed below under 'Specialist Help' offer counselling services.

Specialist Help

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3. "I Think There might be a problem"



You have been struggling recently and are starting to think there is a problem. Your feelings or your situation are starting to affect your day to day life and you would like to talk to someone who will help you understand what is going on.

If you can relate to these feelings- it's okay. Lots of people feel the same way you do and even more are willing to listen and help you. Here are some support services to help you figure out what is going on:

University Services:

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Mental Health Education Resources

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Shout	25
Living Life to the Full	25

Wellbeing activities, links and schemes

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4. "I'm not sure. Is what I'm feeling normal?"

Perhaps you have been feeling more stressed than usual or you are feeling low. You aren't sure whether what you are experiencing is normal, but you are considering support options. The following services will help you understand your situation and provide reassurance where it is needed.

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Mental Health Education Resources

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Don't forget you can always talk to your friends - they may be feeling similarly.



Services by Category

Counseling

Buckingham

Healthy Minds

Services: Provides talking therapies, practical support, and advice for various mental health issues. They offer quick and easy access to these therapies and have a range of online self-help resources.

- Cost per session: Free
- Website: <https://www.oxfordhealth.nhs.uk/>
- Number: 01865 901600 or text "TALK" and your name to 07798 667169

Relate North Thames & Chilterns

Services: Provides relationship counseling and support for couples and families.

- Cost per session: Fees are based on income and ability to pay; some services might be free.
- Website: <https://www.bucksmind.org.uk/guide/relate/>
- Number: 0300 003 2324
- Email: enquiries@relatemtbc.co.uk

Crewe

Mind Matters Cheshire

Services: Provides private counseling and psychotherapy services for issues such as anxiety, depression, trauma, and relationship problems.

- Cost per session: Sessions typically range from £40 to £70 per hour, depending on the type of therapy.
- Website: <https://www.btg-mindmatters.org/>
- Number: 01270 617240
- Student Discount: 10-20% off standard session price with valid student ID

The Therapy Company

Services: Offers a variety of therapeutic services including Cognitive Behavioral Therapy (CBT), psychodynamic therapy, and person-centered therapy.

- Cost per session: Prices vary based on the type of therapy, generally between £45 and £80 per session.
- Website: <https://thetherapycompany.co.uk>
- Number: 01270 748448
- Student Discount: May offer discounted rates for students; it is recommended to inquire directly about available discounts

Helplines

Buckingham Local Helplines:	<u>Contact details:</u>	<u>Opening times:</u>
Mind Infoline	0300 123 3393 https://www.mind.org.uk/informationsupport/helplines/	9am – 6pm, Monday to Friday. Ask us about: mental health problems, where to get help near you, treatment options, advocacy services. 
SANEline	0300 304 7000	Every day 4pm –10pm. “We believe no-one affected by mental illness should face crisis, distress or despair completely alone”.
Shout Crisis Text Line	85258 https://giveusashout.org	24/7 support for anyone struggling or in a state of crisis at any time, from anywhere.
Switchboard LGBT+ Helpline	0800 0119 100 https://switchboard.lgbt/about-us/	10am – 10pm daily. A wellbeing support helpline for the LGBT+ community, that’s been going on for decades. The volunteers are LGBT+ themselves and will hear you out and provide close support.

Support Groups

MIND Crewe

Services: Provides support groups and activities for individuals experiencing mental health issues, including peer support, workshops, and advocacy

- Cost per session: Free
- Website: <https://www.midcheshiremind.org.uk/>
- Number: 01625 617884

Doctors in Distress Support Group

Services: Doctors in Distress is a website running a weekly online support group for UK healthcare professionals every Wednesday. Participants will be encouraged to chat informally and confidentially with other healthcare professionals on themes led by the group. Topics led by participants, may be around: stress, burnout, and selfcare. Whatever is discussed will be confidential and the space will be space to talk openly about challenges, share experiences and advice.

- Cost per session: Free
- Website: <https://www.eventbrite.co.uk/e/doctors-in-distress-weekly-support-group-tickets-615742481337?aff=ebdsoporgprofile>
- Number: 07593531888

Bipolar UK

Services: National charity dedicated to supporting individuals with bipolar disorder, their families, and carers. Their work includes youth support groups.

- Cost per session: Free
- Website: <https://www.bipolaruk.org/>





University Services

Faculty Student Support Team- Medical Students

Services: The FMHS Student Support Team assist with problems that are affecting your ability to study on the course and to support students going through various University and Faculty procedures. Contact the Team if you are experiencing any difficulties that are affecting your ability to engage effectively with the course or to meet your potential within medicine. This could include issues regarding your health (both physical and mental), learning difficulties, disabilities, academic skills, and professionalism issues. They can also support with mitigating circumstances, appeals, suspension of studies, and other processes related to the course or your future career.

- Cost per session: Free
- Email: FMHS-studentsupport@buckingham.ac.uk
- Website:
<https://outlook.office365.com/owa/calendar/MedicalStudentSupportServices@buckingham.ac.uk/bookings/?skipRedirect=1>

Wellbeing, Skills, and Diversity Team

Services: The Wellbeing, Skills and Diversity Team offer and provide person centred support with passion, honesty and integrity. Any student who may be experiencing or encountering problems with university life, whether this be from a physical health or mental health perspective, we can help you to feel integrated into university life. We are proud that we can make a difference to students' health and wellbeing and endeavour to make their time here successful.

- Cost per session: Free
- Email: wellbeingskillsanddiversity@buckingham.ac.uk
- Website: <https://uniofbuck.sharepoint.com/sites/spo-stss-stu>
- Number: +44 (0)1280 820200
- WSD Specialist Team members
 - Deputy Head/ Lead Mentor: Karen Webb
 - Faculty Mentor for Business, Humanities & Social Sciences: Ellie Wilkins
 - Faculty Mentor for Computing, Psychology & Law: Cara Stubbings
 - Faculty Mentor Medicine & Health Sciences: Emma Metcalfe
 - Faculty Mentor FMHS Crewe WSD: Deb Foden
Interim Head of Wellbeing: Laura Whitty
Counseling team Lead- Pascale Atkins
Wellbeing team Lead- Claire Croxall





NHS

Buckingham

NHS Talking Therapies

Services: Access talking therapies to treat conditions such as, depression, anxiety, OCD, PTSD, and body dysmorphia. You can self-refer to this service. After a self-referral, you will be contacted to discuss possible therapy options based on your needs.

- Cost per session: Free
- Website: <https://www.nhs.uk/service-search/mental-health/find-an-NHS-talking-therapies-service/>

Primary Care Mental Health Hubs (PCMHHs)

Services: Newly established hubs that provide integrated mental health care in the community. These hubs offer various mental health services as part of the primary care network managed by Oxford Health NHS Foundation Trust.

- Cost per session: Free
- Website: <https://www.healthwatchbucks.co.uk/>

Crewe

Cheshire and Wirral Partnership NHS Foundation Trust

Services: Offers a wide range of mental health services including crisis intervention, community mental health teams, inpatient services, psychological therapies, and specialist services for conditions like eating disorders, substance misuse, and more.

- Cost per session: Free
- Website: <https://www.cwp.nhs.uk/>
- Number: 01244 397397

East Cheshire CAMHS

Services: Specializes in mental health care for children and adolescents, offering assessments, therapy, and family support.

- Cost per session: Free
- Website: <https://www.cwp.nhs.uk/our-services>
- Number: 01625 712044



Online Communities

Hub of hope

Services: This website lets you briefly fill out what type support you are looking for then shows you places that you can find help in your area. The Hub of Hope has directed hundreds of thousands of people to life-changing and even life-saving support and it is now the UK's go-to mental health support signposting tool, with thousands of local, regional and national support groups and services listed.

- Cost per session: Free
- Website: <https://hubofhope.co.uk/>



Specialist Help

Sexual Abuse

Sexual Assault and Abuse Support Service Buckinghamshire & Milton Keynes (SASSMK)

Services: SASSMK provides comprehensive support for individuals affected by sexual assault and abuse. Their services include counseling, pre-trial therapy, group therapy, peer support groups, stabilization intervention programs, and telephone support. Additionally, they offer Independent Sexual and Domestic Violence Advocacy (ISDVA) to assist survivors through legal and medical processes.

- Cost per session: Free
- Website: saassbmk.org.uk
- Email (Support): support@saassbmk.org.uk
- Email (General Enquiries): admin@saassbmk.org.uk
- Number: Milton Keynes Office: 01908 201971

National Rape Crisis

Services: Will lend an ear to help anyone who has suffered from sexual assault or abuse. There is support to help people who may be at risk and self-help guides or courses for women, men, children, friends and family and in several different languages.

- Cost per session: Free
- Website: <https://rapecrisis.org.uk>
- Number: 0808 500 2222 or online chat - 24/7

Bereavement Support

Cruse Buckinghamshire

Services: Provides support for those dealing with bereavement through one-on-one counseling and group support.

- Cost per session: Free
- Email: info@crusebucks.org.uk
- Website: <https://www.crusebucks.org.uk/>
- Number: Amersham: 01494 766455, Aylesbury: 01296 425757, High Wycombe: 01494 511117

Eating Disorders

Anxiety UK

Services: A charity that aims to help people with anxiety disorders, providing quick referral to accredited therapists and counsellors for support. They offer support groups, self-help information, and various forms of 1:1 counselling and therapy.

- Cost per session: £20 for students. Membership is required – annual cost £30 for students which comes with several additional benefits.
- Website: <https://www.anxietyuk.org.uk/>
- Number: 03444 775 774

Beat

Services: A national charity that aims to encourage and empower people to get help quickly. They have a helpline, online chat rooms with trained advisors or other people with eating disorders, and many self-help resources to help you or someone you know who lives with an eating disorder. A formal diagnosis is not required.

- Cost per session: Free
- Website: <https://www.beateatingdisorders.org.uk>
- Email: help@beateatingdisorders.org.uk
- Number: 0808 801 0677

Gambling

ARA

Services: Provides free support and 1:1 counselling for those affected by gambling addiction. If you're worried about yourself or a friend, their free online toolkit will help you to determine whether professional help is required. *South Asian specific services are also available.

- Cost per session: Free
- Website: <https://www.recovery4all.co.uk/>
- Email: info@recovery4all.co.uk
- Number: 0330 1340 286

Marriage & Relationships

Marriage Care

Services: Provide counselling for those experiencing issues in their relationship, whether or not they're married.

- Cost per session: initial £20 non-refundable registration fee, then a donation for each session.
- Website: <https://www.marriagecare.org.uk/>
- Number: 08003893801

Support for Carers

Carers UK

Services: Carers UK provides information, advice, and support for carers, aiming to improve their quality of life and ensure they get the help they need.

- Cost per session: Free
- Website: www.carersuk.org
- Email: advice@carersuk.org
- Number: 0808 808 7777

Carers Trust

Services: Carers Trust works to improve support, services, and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend.

- Cost per session: Free
- Website: www.carers.org
- Email: info@carers.org
- Number: 0300 772 9600

The Caregiver's Network

Services: Offers resources and support specifically for caregivers, providing valuable information and a sense of community.

- Cost per session: Free
- Website: www.caregiversnetwork.org
- Email: support@caregiversnetwork.org

NHS Carers Direct

Services: Provides information and advice for carers, including support on managing health conditions and accessing services.

- Cost per session: Free
- Website: www.nhs.uk/carersdirect
- Number: 0300 123 1053

Age UK

Services: Offers support and information for older people and their carers, helping them navigate the challenges of aging and caregiving.

- Cost per session: Free
- Website: www.ageuk.org.uk
- Number: 0800 678 1602

Macmillan Cancer Support

Services: Provides support and information for carers of people with cancer, helping them manage their role and access resources.

- Cost per session: Free
- Website: www.macmillan.org.uk
- Number: 0808 808 0000

Marie Curie

Services: Offers support for carers of individuals with terminal illnesses, providing palliative care and emotional support.

- Cost per session: Free
- Website: www.mariecurie.org.uk
- Number: 0800 090 2309

The Princess Royal Trust for Carers

Services: Supports carers through a network of Carers' Centres and interactive services, providing practical and emotional support.

- Cost per session: Free
- Website: www.carers.org
- Email: info@carers.org
- Number: 0300 772 9600

Young Carers (Children's Society)

Services: Provides tailored support for young carers, helping them manage their responsibilities and maintain their education and wellbeing.

- Cost per session: Free
- Website: www.childrenssociety.org.uk
- Email: supportercare@childrenssociety.org.uk
- Number: 0300 303 7000

Rethink Mental Illness

Services: Offers support and resources for carers of individuals with mental health issues, ensuring they have the necessary information and assistance.

- Cost per session: Free
- Website: www.rethink.org
- Number: 0300 5000 927

BAME

Black Minds Matter UK

Services: Provides free therapy to Black individuals in the UK by connecting them with certified Black therapists.

- Cost per session: Free
- Website: www.blackmindsmatteruk.com

BAATN (Black, African, and Asian Therapy Network)

Services: A network of therapists of Black, African, Asian, and Caribbean heritage, offering support and resources tailored to BAME individuals.

- Cost per session: Varies by therapist and service.
- Website: www.baatn.org.uk
- Email: info@baatn.org.uk
- Student discount: Information not specified; contact for details.

Nafsiyat Intercultural Therapy Centre

Services: Provides intercultural therapy for people from diverse backgrounds, ensuring culturally sensitive support.

- Cost per session: Sliding scale based on income.
- Website: www.nafsiyat.org.uk
- Email: admin@nafsiyat.org.uk
- Student discount: Information not specified; contact for details.
- Number: 020 7263 6947

Chinese Mental Health Association (CMHA)

Services: Offers mental health services, support groups, and resources specifically for the Chinese community in the UK.

- Cost per session: Varies by service
- Website: www.cmha.org.uk
- Email: info@cmha.org.uk
- Number: 020 7613 1008

MIND - BAME Resources

Services: Provides resources and support for BAME individuals experiencing mental health issues, with a focus on understanding and addressing cultural factors.

- Cost per session: Free
- Website: www.mind.org.uk/information-support/tips-for-everyday-living/bame-mental-health
- Email: info@mind.org.uk
- Number: 0300 123 3393

The Mix

Services: Offers support services for young people under 25, including BAME-specific resources and helplines.

- Cost per session: Free
- Website: www.themix.org.uk
- Number: 0808 808 4994

Southall Black Sisters

Services: Provides advocacy and support for BAME women experiencing domestic violence and other forms of abuse.

- Cost per session: Free
- Website: www.southallblacksisters.org.uk
- Email: info@southallblacksisters.co.uk
- Number: 020 8571 9595

BAMEstream

Services: A collective of organizations that provides therapeutic services, including talking therapies and mental health support, specifically for BAME communities.

- Cost per session : varies by service
- Website: www.bamestream.org.uk
- Email: info@bamestream.org.uk

The Sikh Helpline

Services: Offers a confidential helpline service for Sikhs facing mental health issues, providing culturally specific support and advice.

- Cost per session: Free
- Website: www.sikhhelpline.com
- Helpline: 07999 004 363

LGBTQ+

The Mind Trans Helpline

Services: A free, confidential, mental health and emotional support helpline for those who do not identify as cisgender.

- Cost per session: Free
- Website: <https://www.mindinsomerset.org.uk/our-services/adult-one-to-one-support/mindline-trans/>
- Number: 0300 330 5468

Stonewall

Services: A national charity that stands behind LGBTQ+ individuals on a large range of issues such as the rights under the law and handling matters of family, faith, and discrimination.

- Cost per session: Free
- Website: <https://www.stonewall.org.uk>
- Email: info@stonewall.org.uk



Mental Health Education Resources



MIND

Services: Can give you information about a wide range of mental health issues. MIND is a charity that raises awareness and understanding of these sensitive topics and is full of brilliant articles that will explain specific problems, provide a starting point to get better, and to help you help others.

- Cost per session: Free
- Website: <https://www.mind.org.uk>
- Number: 0300 123 3393

Shout

Services: Provides 24/7 support for anyone struggling or in a state of crisis at any time, from anywhere. Services cover a broad range of issues, including bullying, loneliness, grief, anxiety, stress, and abuse. They also have collected resources on their website if you would rather look at them than talk! Special sections are dedicated to those who identify as LGBTQIA+, students, and those who are affected by autism, deafness, stress, or anxiety issues.

- Cost per session: Free
- Website: <https://giveusashout.org>
- Number: Crisis Text Line 85258

Living Life To The Full

Services: Offers free online courses covering low mood, stress, and resiliency based on the CBT approach. Provides useful information and resources to help improve wellbeing and resilience.

- Cost per session: Free
- Website: <https://littf.com/>
- Number: 01360 661 078





General Wellbeing Information

University can be overwhelming, and it can be difficult knowing what the best way is of maintaining good wellbeing since this is different for everyone. Listed below are some potential clubs, activities and schemes catered to medics that you might enjoy participating in.

Clubs and societies

Health & Wellness Society

Services: This society aims to focus on motivating individuals to incorporate more exercise into their daily routine whilst encouraging awareness about mental health

- Cost per session: Free
- Instagram: [uob_healthandwellnesssociety](#)
- Email: 2204243@buckingham.ac.uk

Schemes to support your wellbeing

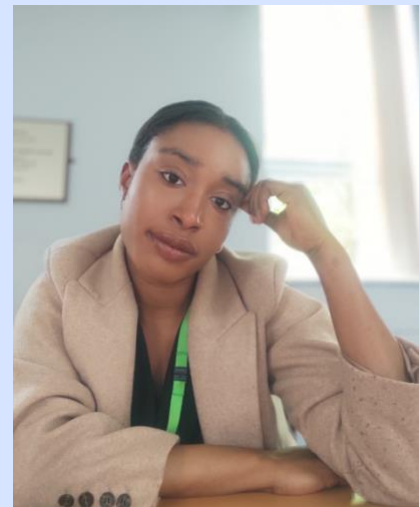
Medic parents scheme : Med Buddies

Services: A student peer led support program that offers informal, friendly, and confidential peer support. The Med Buddies can answer questions about life as a medical student and offer signposting and referral to various services within the university

- Cost per session: Free
- Website:
https://medvle.buckingham.ac.uk/pluginfile.php/62082/mod_page/content/25/Induction%20week%20Buddy%20presentation.pdf



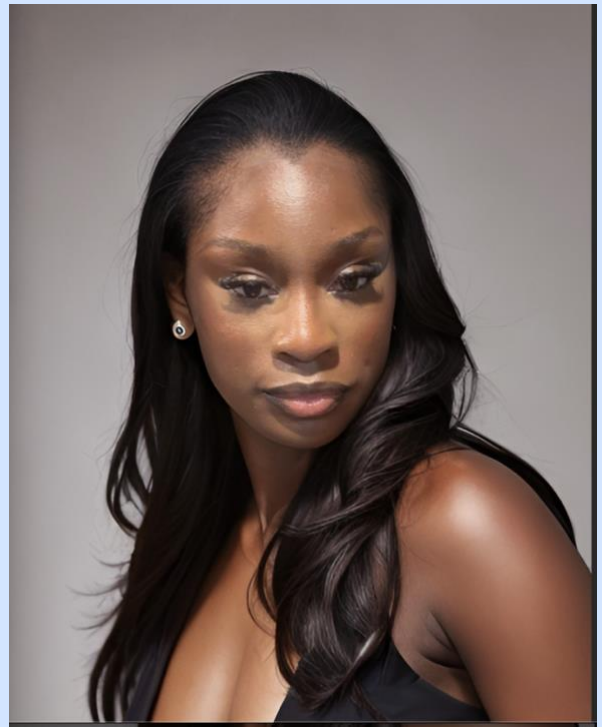
Meet the Team behind Buckingham's Little Blue Booklet 2023-24



Bernitta Ohaa
Final Year Medical Student
Crewe Campus



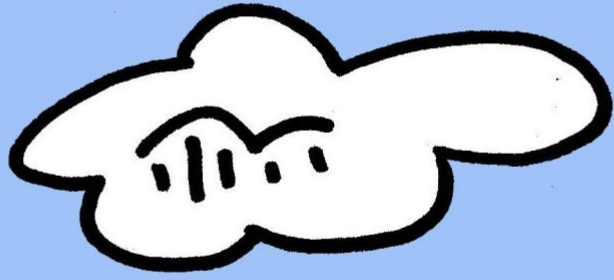
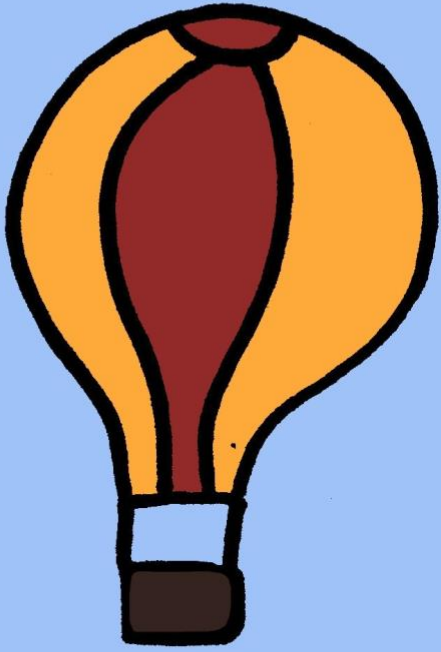
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