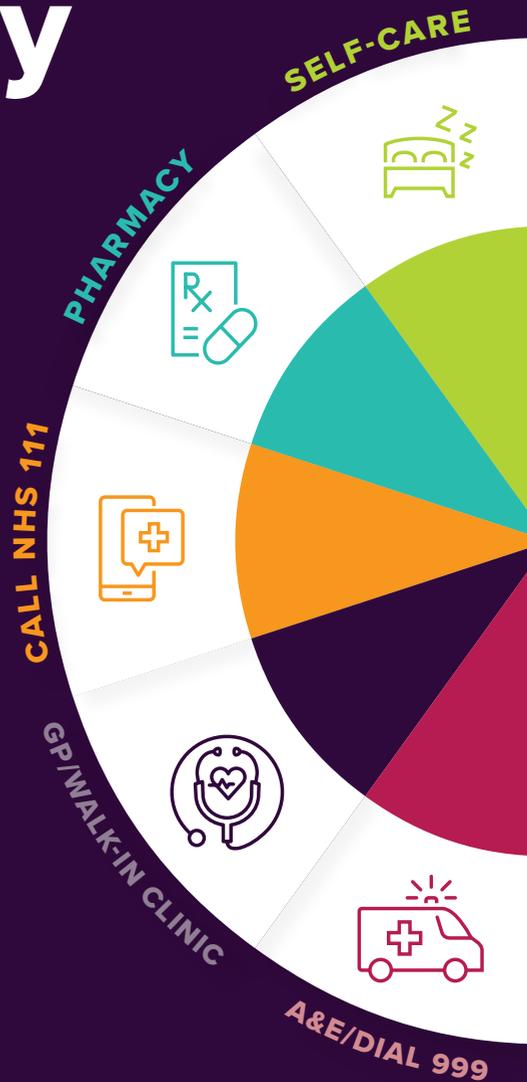


# Your health at Surrey

If you're unwell or injured, there are services to help you. Whether it's self-care and seeking medical help, or making an emergency call, there's always somewhere to turn to for health support.

[wellbeing.surrey.ac.uk](http://wellbeing.surrey.ac.uk)



## SELF-CARE



When you're ill, hurt, or not at your best, you may just need some bed rest, or a walk and some fresh air. But don't suffer in silence if you need more help.

Online resources can help when you need advice and guidance – including the NHS comprehensive A to Z guide to health conditions.

Sometimes talking to family or friends can be an important part of self-care. The University's Centre for Wellbeing is also here for you. For the next level of self-care, your local pharmacist can help.

## PHARMACY



Your local pharmacist can help with over-the-counter medication. Pharmacies also provide basic medical consultations and a range of vaccination, minor ailment and public health clinics as well as prescription medicine reviews and prescription collection and delivery services. The locations below are mapped out on the back page of this leaflet.

- **Direct Pharmacy**  
2-8 Madrid Road,  
Guildford GU2 7NT
- **Tesco Pharmacy**  
Ashenden Road,  
Guildford GU2 7UN
- **Boots Pharmacies**  
4 Aldershot Road,  
Guildford GU2 8AF  
12 Stoughton Road,  
Guildford GU1 1LL

## Online resources



### Student Minds

Empowers students to make their mental health a priority  
[studentminds.org.uk](http://studentminds.org.uk)

### NHS Health A to Z

A comprehensive guide to health  
[nhs.uk/conditions](http://nhs.uk/conditions)

### NHS – Student mental health

[nhs.uk/conditions/stress-anxiety-depression/student-mental-health](http://nhs.uk/conditions/stress-anxiety-depression/student-mental-health)

### Mind

Offering online or phone support  
[mind.org.uk/information-support/helplines](http://mind.org.uk/information-support/helplines)

### MySurrey self-help resources

Select a topic to find the help you need  
[wellbeing.surrey.ac.uk/help](http://wellbeing.surrey.ac.uk/help)

### Papyrus

A national charity dedicated to the prevention of young suicide  
[papyrus-uk.org](http://papyrus-uk.org)

## CALL NHS 111



### Don't forget

If you need medical help and are unsure what to do, **call the NHS on 111**. Or use [111.nhs.uk](http://111.nhs.uk) online for professional help and advice on any symptoms you're worried about.

A team of trained nurses and medical professionals offer advice and guidance through 111, online and on the phone.

## Centre for Wellbeing



The staff at the Centre for Wellbeing are available if you need to talk through an emotional, personal or psychological issue.

Offering free and confidential support, they work in a number of ways to support students in this unique environment. Support can range from a one-on-one focused session with a counsellor or wellbeing advisor, to referrals to appropriate outside agencies. The staff also liaise with and coordinate individuals with severe and ongoing mental health issues.

For more information and to register online, visit:  
[wellbeing.surrey.ac.uk/centre-for-wellbeing](http://wellbeing.surrey.ac.uk/centre-for-wellbeing)

Once you have registered with the Centre for Wellbeing, you can book appointments or contact us for help by:

### Email

[centreforwellbeing@surrey.ac.uk](mailto:centreforwellbeing@surrey.ac.uk)

### Phone

01483 689498

### Visit us

We're located on Stag Hill campus, open Monday to Friday, 8am to 5pm.

### Out-of-hours support

- **Woking Walk-in Centre** located at the Woking Community Hospital is open Monday to Sunday, 8am to 8pm. The hospital is just a few minutes' walk from Woking train station, direct lines are available from Guildford train station.  
[cshsurrey.co.uk/our-services/location/woking-walk-centre](http://cshsurrey.co.uk/our-services/location/woking-walk-centre)

If you're really ill or worried about someone else who is unresponsive, never hesitate to **dial 999**. On campus it is better to **dial 3333** if you need an ambulance. Or if it is safe for you to do so, go to A&E.



## A&E / DIAL 999

- **Safe Haven** aim to reduce emotional and psychological distress by offering an alternative to attending A&E for people who are experiencing or at risk of a mental health crisis. Safe Haven in Guildford is located at:  
  
Oakleaf Enterprise,  
101 Walnut Tree Close, GU1 4UQ.  
  
Open 7 days a week, 6pm to 11pm.  
[oakleaf-enterprise.org/safe-haven/](http://oakleaf-enterprise.org/safe-haven/)
- **Samaritans** is a charity that focuses on reducing feelings of isolation and disconnection. The volunteers make sure that there is someone available 24/7 for anyone in need. Samaritans has a location in Guildford:  
  
69 Woodbridge Road, GU1 4RD.  
  
You can also text this location free from any phone: **116 123**.  
[samaritans.org/branches/guildford](http://samaritans.org/branches/guildford)

## GP/WALK-IN CLINIC



### Register with a GP locally

We recommend that all students register with a local doctor while being at Surrey.

There are five GP practices (as illustrated below) that currently cover the University campus and surrounding areas.

Some GP practices will only accept patients living in a specific catchment area. Choose a practice convenient for you and check their website for any registration restrictions.

### Trouble registering with a GP?

The local NHS authorities have assured us that all students will be able to register with one of the local GPs. If you do however, have any difficulties, contact the Surrey Heartlands Clinical Commissioning Group:

[surreyheartlandsccg.nhs.uk/contact-us](https://surreyheartlandsccg.nhs.uk/contact-us)

You can also use the NHS service search to find a GP practice in your local area.

0300 311 22 33

[nhs.uk/service-search](https://nhs.uk/service-search)

#### Fairlands Medical Practice

01483 594250  
[fairlands.co.uk](https://fairlands.co.uk)

FAIRLANDS

#### Woodbridge Hill Surgery

01483 573194  
[woodbridgehillsurgery.co.uk](https://woodbridgehillsurgery.co.uk)

WOODBIDGE

#### Boots Pharmacy

#### Boots Pharmacy

#### Tesco Pharmacy

MANOR PARK  
CAMPUS

STAG HILL  
CAMPUS

#### Guildowns University

Health Centre  
01483 409309  
[guildowns.nhs.uk](https://guildowns.nhs.uk)

#### Dapdune House Surgery

01483 400200  
[dapdune.co.uk](https://dapdune.co.uk)

#### Direct Pharmacy

GUILDFORD  
TOWN CENTRE

#### St Luke's Surgery

01483 510030  
[stlukes.gpsurgery.net](https://stlukes.gpsurgery.net)