

# YOUR HEALTH

## Where do I start?

When you arrive at Manchester Metropolitan you need to register with a local GP (General Practitioner). This will facilitate receiving medical assistance should you need it while at Uni. Many students use The Arch Medical Practice near the Manchester campus. At Cheshire, many students use Hungerford Road Medical Centre. You can find a complete list of medical and dental options at [www.nhs.uk/servicedirectories](http://www.nhs.uk/servicedirectories).

If you feel unwell and want advice on what to do, call 111. This is the NHS advisory line when you need medical help but it is not an emergency. This service is available 24 hours a day. **In a medical emergency, call 999.**

If an unexpected medical situation affects your studies or submission of work, you may be eligible for Exceptional Factors. Find a link to information at [www.mmu.ac.uk/students/](http://www.mmu.ac.uk/students/)



Visit a Hub if you need assistance



**Student Hub**

[www.mmu.ac.uk/studenthub](http://www.mmu.ac.uk/studenthub)

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## **International Students**

International students following a course of six months or more and all EU students are eligible to obtain NHS health services, as are their spouse and children living here, but must have a Confirmation of Study letter when registering with a GP. Visit a Student Hub to obtain this letter.

If you are on a course of less than 6 months you should take out health care insurance, unless you are from an EU country or a country with a reciprocal health arrangement.

## **Accident & Emergency**

Manchester Royal Infirmary (0161 276 1234) is located near the University of Manchester on Oxford Road across from the Whitworth Art Gallery, M13 9WL.

## **Counselling, Health and Wellbeing**

This team at Manchester Met offer workshops and courses on issues such as relaxation, stress management and confidence building. These and other resources are listed at [www.mmu.ac.uk/counselling](http://www.mmu.ac.uk/counselling).

## **Mental Health Crisis**

Crisis Point is an open-access mental health crisis centre: 0161 225 9500. The Samaritans operate a 24 hour helpline at 116 123. The Sanctuary offers a place of safety and support day or night, [www.selfhelpservices.org.uk/the-sanctuary/](http://www.selfhelpservices.org.uk/the-sanctuary/)

## **Sexual Health**

FRESH clinics are dedicated Contraception and Sexual Health (CaSH) clinics, providing services for people under the age of 25. Some locations serve all ages. Find out more at [www.fresh4manchester.nhs.uk](http://www.fresh4manchester.nhs.uk). In Cheshire, visit [www.gosexualhealth.co.uk](http://www.gosexualhealth.co.uk)

## **Additional student health information**

[www2.mmu.ac.uk/counselling/health-and-wellbeing/](http://www2.mmu.ac.uk/counselling/health-and-wellbeing/)

*Please remember this is only an overview.  
For the most complete and up to date information  
speak with an Advisor at your nearest Student Hub.*