



## General Wellness Services

In cases of medical emergencies dial 999 for an ambulance, or visit Accident and Emergency at Princess Alexandra Hospital  
Hamstel Road  
Harlow, Essex  
CM20 1QX

### Local Health Services

#### Doctor's Surgery

You can book an appointment to see a doctor at Jenner House, Garden Terrace Road, Old Harlow; telephone 01279 418136. You will be need to fill out a Doctors registration form (see reception) before attending.

#### Chemist/Drug Store

Ramco in the High Street is open Monday to Friday 09.00-18.30; Saturday 09.00-17.30. Tel No. 01279 423911 A Pharmacist is always available for advice, over the counter drugs, this is also where you can collect your prescriptions.

#### Dentist

Old Harlow Dental Clinic, telephone 01279 445552, situated in the High Street The minimum charge is approximately £50.00 each consultation.

Visitors to the UK from non-EEC countries will normally be charged for medical and dental treatment, whether in hospitals, Doctors, or Dentist surgery.

Newfoundland residents are covered in accordance with MCP fee scale and will be reimbursed for any doctor's fees occurred whilst in Britain upon return home. You must make sure you collect a receipt or the appropriate form completed by Doctor or Dentist.

Visitors must also pay for prescription drugs, current charge £9.35 each item (March 2022).

## **National Health Services**

### **NHS 111**

<https://111.nhs.uk/>

Tel: 111

111 is the free number to call when you have an urgent healthcare need. It directs you to the right local service, first time.

It is available across the whole of England making it easier for you to access urgent healthcare services when you need medical help fast.

It is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

## **General Wellness Services**

### **Local Support Services**

#### **Youth Concern Trust (YCT)**

<http://www.yctsupport.com/>

Tel: 01279 414090. Text 07786 208060

Email: [admin@yctsupport.com](mailto:admin@yctsupport.com)

Mon - Fri 9.00am - 5.00pm Sat & Sun - Closed

YCT is a counseling and therapeutic support charity. They specialise in providing support for children and young people aged 5 - 25 years and have been providing these services since 1988. All students residing at Harlow Campus can avail of their services. Their address, YCT House, Maddox Road, Harlow Essex, CM20 3GA.

#### **Essex Sexual Health Service**

<https://www.essexsexualhealthservice.org.uk/>

Tel: 0300 003 1212

Mon 8.00am-5.00pm Tues-Fri 9.00am-5.00pm Sat 9.00am-1.00pm Sun - Closed

Essex sexual health service provides a free, confidential service to the people of Essex regardless of sex, age, ethnic origin, and sexual orientation. Clinics are run by a team of doctors, nurses, and health advisers.

### **National Support Services**

#### **Samaritans**

<https://www.samaritans.org/>

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Tel: 116 123

Whatever you're going through, Samaritans offer a safe place for you to talk any time in your own way - about whatever's getting to you call free any time, from any phone on 116 123.

24 hours a day, 365 days a year. If you need a response immediately, it's best to call.



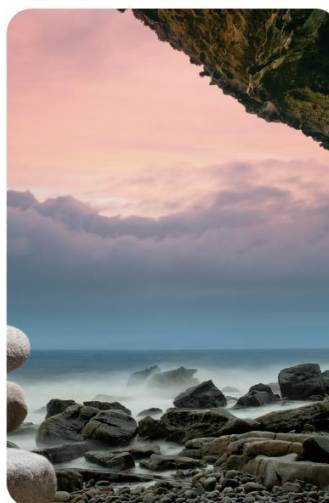
---

### **B-EAT**

<https://www.b-eat.co.uk>

Tel: 0808 801 0677

Beat is the UK's eating disorder charity. They can provide support, advice and guidance to anyone affected by eating disorders.



### **Rethink Mental Illness**

<https://www.rethink.org>

Freephone 0808 801 0525

The Rethink Mental Illness Advice Service offers practical help on issues such as the Mental Health Act, community care and welfare benefits, living with mental illness, medication, and care. The advice line is open from 9:30am - 4pm, Monday to Friday.

### **MIND**

<https://www.mind.org.uk>

Tel. 0300 123 3393

Local Minds provide mental health services in local communities across England and Wales.

### **International SOS**

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

Subscriber Login section. Membership number: 27AESP913660

The app is available on all platforms.



Any university traveler can access up to 5 sessions of structured counselling per issue, per year. This would be fairly significant for faculty, staff, or students travelling without connection to host intuition where they could access counselling/psychological supports. Assistance and support, advice and reports for personal safety and security whilst travelling are available through this website. This is free to access for all students, faculty and staff.

### **Gym Membership**

Mark Hall Sports Centre

<https://www.markhallsportscentre.co.uk/>

London Road, CM17 9LX

01279 620 650

Student membership is £16 per month and include use of the gym and internally run classes. A 10 minute walk from the campus, Mark Hall provides a small but fully equipped multi gym.