



Helpful Services

If you are feeling suicidal, please tell someone.
NHS 24 and Samaritans are available 24 hours a day to take your call.
Alternatively, you can attend your GP or your local hospital (A&E department).

NHS 24	111
Samaritans Glasgow	0141 248 4488
Samaritans UK	08457 90 90 90

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Helplines

Abuse support

- Archway Glasgow - **0141-211-8175** - For victims of assault within the past 7 days.
- Men's Advice Line - **0808-801-0327** – For men experiencing domestic abuse or concerned about their own abusive behaviour.
- Rape Crisis - **0141-552-3200**
- Scottish Domestic Abuse Helpline - **0141-951-6234**

Addictions

- Drinkline - **0800-917-8282**
- Drugline Scotland - **0800-776-600** - 1000 - 1400.
- Gamblers Anonymous - **0141-425-1600**

Bereavement

- Compassionate Friends Helpline - **0845-123-2304** - For bereaved parents (1000 - 1600 & 1830 - 2230).
- Cruse Helpline - **0844-477-9400**
- Muslim Bereavement Counselling Project - **0141-585-8026**
- Survivors of Bereavement by Suicide - **0115-944-1117** (National Helpline: **0844-561-6855** - 0900 - 2100).

Emotional & mental health

- Breathing Space - **0800-83-85-87** - 1800 - 0200.
- Dumbarton (West) Suicide Support - **0141-951-6234**
- Nightline - **0141-334-9516**- Listening service for Glasgow University students run by the SRC (1900 - 0700).
- No Panic - **0808-808-0545** - Anxiety, phobias, panic attacks.
- Samaritans Glasgow - **0141-248-4488**
- Samaritans UK - **08457-90-90-90** (website: www.samaritans.org, email: jo@samaritans.org)

Health & wellbeing

- B-eat beating eating disorders - **0845-643-1414** (adults), **0845-643-7650** (youth).
- Eating Disorders Association - **08456-34-14-14** - Monday - Friday 1030 - 2030; Saturday 1300 - 1630.
- Gay Men's Health - **0141-552-0112**
- Healthy Living - **0845-278-88-78** - 0800 - 2200.
- NHS 24 - **111**
- NHS Helpline - **0800-22-44-88**
- Sandyford Initiative - **0141-211-8130** - Sexual health and reproductive health services in Glasgow.

Other services

- Carers' Rights - **0141-353-6504**
- Amina Muslim Women's Resource Centre - **0141 212 8420**

Services in Scotland

Emotional & mental health

- [Breathing Space Scotland](#) is a free, confidential phone and web based service in Scotland, providing you with support through experienced advisors. The service is accredited by Counselling and Psychotherapy in Scotland (COSCA).
- [Counselling and Psychotherapy in Scotland \(COSCA\)](#) is a professional body for counselling and psychotherapy, and it provides you information and help, between others with:
 - Finding a counsellor/psychotherapist
 - Counselling services
 - Ethics
- [Cruse Bereavement Care Scotland](#) offers you help with bereavement issues through free one-to-one counselling sessions.
- [Depression Alliance Scotland](#) is a national charity working for people affected by depression in Scotland. It provides you with free service ranging from self-help support groups, life skills courses and online community for young adults.
- [Doing Well](#) helps you assess your mood and guides you on what to do if you are depressed.
- [The Association of Person Centred Therapy Scotland \(PCTScotland\)](#) is an organisation of person-centred counsellors and psychotherapists based throughout Scotland, promoting The Person Centred Approach. The Person Centred Approach ensures you are provided with a safe and supportive therapeutic environment.
- [The Centre of Therapy](#) offers therapy from professional therapists and therapists in training.
- [The Garnethill Centre](#) provides you group or individual therapeutic sessions, helping you with such issues as:
 - Anxiety and Stress at home and work
 - Divorce, separation or bereavement
 - Retirement/redundancy
- [Well Scotland](#) provides you with guidance and resources on how to improve your mental health

Other support

- [Alcohol Focus Scotland](#) is Scotland's national charity working to reduce the harm caused by alcohol. It gives you guidance on how to recognize and recover from alcohol problems.
- [Scottish Council on Deafness \(SCoD\)](#) is the lead organisation for deaf issues in Scotland, representing 90 organisations working with and on behalf of Deaf Sign Language users, deafened, deaf-blind, and hard of hearing people.
- [Scottish Marriage Care](#) provides you with relationship counselling across Scotland, and offers a wide range of programmes to improve your relationships and family life.
- [Health Scotland](#) provides information and resources to support health improvement practitioners and organisations working towards improvement of Scotland's health and reducing inequalities.

Other Services

Abuse & self-harm support

Bristol Crisis Service for Women
Self-Harm including self help
Young People and Self Harm

Addictions

Alcohol Concern
Down Your Drink
Drug Scope
Gamblers Anonymous
Know Cannabis
Know the Score
National Drugs Helpline
Support for Family and Friends of Drug Misusers

Bereavement

Cruse Bereavement Care
Cruse Bereavement Website for Young People
Survivors of Bereavement by Suicide

Emotional & Mental Health

Depression
Depression Alliance Scotland
Doing Well
Student Depression
Talking Life
BACP - British Association for Counselling and
Psychotherapy
Oxford Cognitive Therapy Centre
The Royal College of Psychiatrists
UKCP - UK Council for Psychotherapy
Wellbeing management
Anger Management
Facts and Impartial Advice on Life Topics
How to Cope with Panic Attacks
Improve Your Sense of Wellbeing
Loneliness
Relaxation
Self Esteem

Gender & Sexuality

Gay Men's Health
Legal Equality and Social Justice
LGBT Centre for Health and Wellbeing
LGBT Youth
Muslim LGBT Support

Education

Department of Adult and Continuing
Education
Life Skills Programme
Palgrave Skills for Study

Relationship

Couple Counselling
Scottish Marriage Care

Problems with eating

Beating Eating Disorders
National Centre for Eating Disorders

SRC Advice Centre

The Students' Representative Council (SRC) Advice Centre provides advice, information and representation. The service is free of charge and open to all Glasgow University students.

The Advice Centre offer free and confidential advice on wide range of subjects. For example:

- Benefits and Tax Credits
 - Council tax
 - Employment Rights
 - Financial Support for Students
 - Income Tax/National Insurance
 - Health Issues
 - Housing Issues
 - Money Advice
- They may also be able to represent you with regard to:
- Academic Appeals
 - Formal Complaints
 - Student Conduct Issues, including Plagiarism

The Advice Centre is located on the ground floor of the John McIntyre Building (next to the University Main Gate).

Standard opening times:
Monday - Friday: 1130 – 1600

Contact:
You can call in to The Advice Centre any time during opening hours. You don't have to make an appointment. All discussions with the advice workers are in complete confidence.

Telephone: +44 (0) 141 330 5360

Email: advice@src.gla.ac.uk

Nightline: +44 (0) 141 353 1050, 1900 – 0700 (SRC listening and information service)