



NEED SOME HELP?

There are a variety of resources available to help and support students at the University of Glasgow Medical School.

Visit the MBChB Common Room on Moodle under the 'Student Support' tab to access the digital version of this flyer which contains links to these resources and additional information. If you are not sure where to go for advice please email: med-sch-welfare@glasgow.ac.uk

Key contacts and first point of contact for all issues, speak to:

- Adviser of studies (*Your Adviser is listed on [MyCampus](#). Problems contacting your adviser should be directed to the UMS Student Support Team*)
- Email MBChB student support at med-sch-welfare@glasgow.ac.uk
- [Peer Support Network](#)
- If necessary contact [NHS24](#) or visit your GP
- [Student Representative Council \(SRC\)](#)

Have an academic question? Speak to:

- PBL facilitator, VS tutor, Year Director, Block or Specialty Lead, or Educational Supervisor
- University [careers service](#)
- [University Library](#)
- [IT services](#)
- [English for Academic study](#)
- [Learning Enhancement & Academic Development Service](#) for writing, study and statistical advice
- Talk with your peers

For personal matters, speak to:

- Adviser of studies
- [Peer Support Network](#)
- Email MBChB student support at med-sch-welfare@glasgow.ac.uk
- Contact [NHS24](#) or visit your GP
- [Counselling and Psychological services](#) for same day face to face appointments, self-help resources, and online support
- Access [Breathing Space](#) online or on 0800 83 85 87
- [Glasgow University Nightline](#) on 0141 334 9516
- Access the BMA [doctor advisor service](#) or visit the BMA [support pages](#)
- If necessary, use the [online reporting system](#) to report any form of bullying, discrimination, harassment or sexual misconduct

For other concerns, or a change to your circumstances, speak to:

- Year Director or Curriculum Administrator
- Email MBChB student support at med-sch-welfare@glasgow.ac.uk
- [Student services enquiry team](#)
- [International student support](#)
- [Disability services](#)
- [Accommodation services and living support](#)
- Search '[UofG Registry](#)' for matters to do with student finance, tuition fees exam timetables and graduation
- Search the [Wellbeing A-Z](#) to find useful information, resources and contacts for a variety of wellbeing topics
- Refer to your [student handbook](#)

Self-care Looking after your general wellbeing

- Seek support from peers or access the [Peer Support Network](#)
- Join a [University society](#), [MedChir Glasgow](#) or try out a new sport with the [Sport and Recreation Service](#)
- Visit the multi-faith [chaplaincy](#)
- Visit the MBChB Common Room on [Moodle](#) for extra wellbeing tips under the 'Student Support' tab