



University
of Glasgow

Safeguarding Resources List

Sources of support

Where appropriate, community members may be supported or signposted to:

999 where there is an immediate risk to life or a medical emergency
111 (NHS 24) where urgent health advice or assessment is required but the situation is not an immediate emergency
An appropriate health or social care professional
NHS Inform https://www.nhsinform.scot/ for reliable information about health, mental health and available support
Relevant local community, voluntary or specialist services
A trusted family member, friend, community representative or other responsible adult
Samaritans https://www.samaritans.org/scotland/how-we-can-help/contact-samaritan/?utm_source=chatgpt.com or 116 123 free of charge, day or night, 365 days a year