



## Emergency Contacts

If you are feeling suicidal, please contact NHS 24 or visit your local GP surgery or your local Hospitals Accident and Emergency Department:

NHS 24	<b>111</b>
Samaritans Glasgow	<b>0141 248 4488</b>
Samaritans UK	<b>116 123 – Open 24/7</b>

## University of Glasgow Counselling & Psychological Services

Call: 0141 330 4528  
Email: [studentcounselling@glasgow.ac.uk](mailto:studentcounselling@glasgow.ac.uk)  
Address: 67 Southpark Avenue, G12 8LE

There are two routes to access the University of Glasgow's Counselling & Psychological Services:

1. Drop-in Consultation Service:  
If you wish to book an appointment on the same day you would like to attend, this would give you a one-off, 50-minute appointment.  
<https://www.gla.ac.uk/myglasgow/counselling/appointment/#/bookadropinconsultation>
2. Service Registration:  
Once registered, you will receive an assessment appointment. You will then be placed on the waiting list for ongoing sessions. This may be CBT, person-centred counselling or psychology appointments depending on what transpires from the assessment.  
<https://www.gla.ac.uk/myglasgow/counselling/appointment/#/registerforcounselling>

### Online Support:

- Big White Wall Forum: <https://www.gla.ac.uk/myglasgow/counselling/bigwhitewall/>
- Self-Help materials: <https://www.gla.ac.uk/myglasgow/counselling/self-help/>
- Support Services : <https://www.gla.ac.uk/study/studentlife/support/>
- Wellbeing Glasgow <http://wellbeing-glasgow.org.uk/booklets/>
- NHS Inform <https://www.nhsinform.scot/healthy-living/mental-wellbeing>

### University Peer Support:

- <https://www.gla.ac.uk/myglasgow/counselling/peersupport/>

<b>Specialist Area</b>	<b>External Company/Service</b>	<b>Contact Info</b>
<b>Alcohol &amp; Drug Misuse</b>	Drink line	<b>0300 123 1110</b>
	Glasgow Council on Alcohol (GCA)	<b>0808 802 9000</b>
	Families Affected by Drug & Alcohol Use (FASS)	<b>0141 420 2050</b>
	Addaction (Drugs/alcohol addiction)	<b>0141-558-3230</b>
	Alcoholics Anonymous: Glasgow	<b>0141 226 2214</b>
<b>Any – Distress/Anxiety</b>	Breathing Space	<b>0800-83-85-87</b>
	Samaritans	<b>116 123</b>
	No Panic	<b>0808-808-0545</b>
<b>Assault</b>	Archway Glasgow (victims within past 7 days)	<b>0141-211-8175</b>
	Rape Crisis Scotland Helpline	<b>08088 01 03 02</b>
	Breakthrough for women	<b>0141 552 5483</b>
<b>Bereavement</b>	Cruse	<b>0845-600-2227</b>
	Muslim Bereavement Counselling Project	<b>0141-585-8026</b>
<b>Domestic Abuse</b>	Scottish Domestic Abuse	<b>0141-951-6234</b>
	Glasgow Women's Aid	<b>0141 553 2022 / 2411</b>
	Shakti Women's Aid Edinburgh	<b>0131 475 2399</b>
	Men's Advice Line	<b>0808 801 0327</b>
<b>Eating Disorder</b>	Beat Eating Disorders	<b>0808 801 0677</b>
	Glasgow Eating Disorder Services	<b>Geds.team@gmail.com</b>
	Eating disorder Scotland	<b>Website – Talking EDs</b>
	Linda Tremble Foundation	<b>Website</b>
<b>Forced Marriage</b>	Forced Marriage Helpline	<b>020 7008 0151</b>
<b>General Counselling</b>	Tom Allan Centre	<b>0141 221 1535</b>
	REACH Community Health Project	<b>0141 423 2289/2894</b>
	Youth Counselling Service Agency (YCSA)	<b>0141 420 6600</b>
	Lifelink – Stress Management	<b>0141 552 4434</b>
<b>Gambling</b>	Gamblers Anonymous	<b>0370 050 8881</b>
	Gam-Anon – 24 hours	<b>0370 050 8881</b>
	GamCare (8am to midnight, 7 days a week)	<b>0808 8020 133</b>
<b>LGBT</b>	LGBT Youth	<b>07786 202 370</b>
<b>Nightline</b>	SRC listening and information service	<b>0141 353 1050,</b>
<b>Pregnancy Support</b>	Bluebell Perinatal Counselling Service	<b>0141 221 3003</b>
	Glasgow Pregnancy Choices	<b>0141 248 2667</b>
	ARCH (Abortion Recovery Care & Helpline)	<b>0141 226 5407</b>
<b>Sexual Health</b>	Sandyford Initiative	<b>0141-211-8130</b>