



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	111
Samaritans Glasgow	0330 094 5717
Samaritans UK	116 123 – Open 24/7

University of Glasgow Counselling & Psychological Services

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

Routes to access:

1. Consultation Service:
50-minute appointment:
<https://www.gla.ac.uk/myglasgow/counselling/appointment/>
2. Ongoing Support:
After completing a Consultation you may be eligible for ongoing support. This may be a Cognitive behavioural therapy, person-centred counselling, psychology, or wellbeing appointment, or a referral to another service, depending on the recommendation of the therapist you see at your Consultation.

Online Support:

- Togetherall: <https://togetherall.com/en-gb/>
- Self-Help Resources: <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>
- Peer Support: <https://www.gla.ac.uk/myglasgow/counselling/peersupport/>
- Befrienders <https://www.befrienders.org/>



Specialist Area	Company/Service	Contact
Alcohol & Drug Misuse	Drink line	0300 123 1110
	Glasgow Council on Alcohol (GCA)	0808 802 9000
	Families Affected by Drug & Alcohol Use (FASS)	0141 420 2050
	Addaction (Drugs/alcohol addiction)	0141-558-3230
	Alcoholics Anonymous: Glasgow	0141 226 2214
Any – Distress/Anxiety	Breathing Space	0800 83 85 87
	No Panic	0808-808-0545
Assault	Archway Glasgow (victims within past 7 days)	0141-211-8175
	Rape Crisis Scotland Helpline	08088 01 03 02
	Breakthrough for women	0141 552 5483
Bereavement	Cruse	0845-600-2227
	Muslim Bereavement Counselling Project	0141-585-8026
Domestic Abuse	Scottish Domestic Abuse	0141-951-6234
	Glasgow Women's Aid	0141 553 2022 / 2411
	Shakti Women's Aid Edinburgh	0131 475 2399
	Men's Advice Line	0808 801 0327
Eating Disorder	Beat Eating Disorders	0808 801 0677
	Glasgow Eating Disorder Services	0141 232 7055
	Eating Disorder Scotland	0754 768 1837
	Linda Tremble Foundation	0771 663 9067
Forced Marriage	Forced Marriage Helpline	020 7008 0151
General Counselling	Tom Allan Centre	0141 221 1535
	REACH Community Health Project	0141 423 2289/2894
	Youth Counselling Service Agency (YCSA)	0141 420 6600
	Lifelink – Stress Management	0141 552 4434
Gambling	Gamblers Anonymous	0370 050 8881
	Gam-Anon – 24 hours	0370 050 8881
	GamCare (8am to midnight, 7 days a week)	0808 8020 133
LGBT	LGBT Youth	0778 620 2370
Nightline	SRC listening and information service	0141 353 1050
Pregnancy Support	Bluebell Perinatal Counselling Service	0141 221 3003
	Glasgow Pregnancy Choices	0141 248 2667
	ARCH (Abortion Recovery Care & Helpline)	0141 226 5407
Sexual Health	Sandyford Initiative	0141 211 8130