Support Contact Information

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 visit your GP or your local hospital (Accident and Emergency department).

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<th>NHS 24</th>
<th>Samaritans Glasgow</th>
<th>Samaritans UK</th>
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University of Glasgow
Counselling & Psychological Services
67 Southpark Avenue, Glasgow, G12 8LE. Tel: 0141 330 4528

There are two routes to accessing Services at the University of Glasgow’s Counselling & Psychological Services: 1. The drop-in consultation service if you wish to book an appointment on the same day you would like to attend here: http://www.gla.ac.uk/services/counselling/dropin/. This would give you a one-off, 50 minute appointment.

2: By registering with us here: http://www.gla.ac.uk/services/counselling/yourappointment/.

Once you are registered, you will receive an assessment appointment and 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.

We also have information on self-help materials and courses/groups on our website. Please feel free to have a look.

Other helpful websites

http://www.gla.ac.uk/studentlife/support/

http://wellbeing-glasgow.org.uk/booklets/

https://www.nhsinform.scot/healthy-living/mental-wellbeing

Peer Support Group – University of Glasgow Medical School
http://www.gla.ac.uk/myglasgow/counselling/peersupport/medicalschool/

Peer Support Group – University of Glasgow Business School
https://www.gla.ac.uk/schools/business/students/undergraduate/peersupport/
Other External Glasgow Counselling & Support Services
Contact Information:

Alcohol & Drug misuse - Drink line – **0300 123 1110**
- Glasgow Council on Alcohol (GCA) - Telephone: **0141 353 1800**, Helpline: **0808 802 9000**
- Families Affected by drug and alcohol use (FASS) - **0141 420 2050**
- Addiction (Drugs and alcohol addiction and recovery) - **0141-558-3230**
- Alcoholics Anonymous: Glasgow - **0141 226 2214** National **0845 769 7555**

- Samaritans (contact numbers given above)

Anxiety/phobias/panic attacks - No Panic - **0808-808-0545**

Assault
- Archway Glasgow (for victims within past 7 days) - **0141-211-8175** (6pm – Midnight)
- Rape Crisis – General **0141 331 4180** Helpline **08088 01 03 02**
- Breakthrough for women - **0141 552 5483**

Bereavement
- Cruse Helpline – **0845-600-2227**
- Muslim Bereavement Counselling Project - **0141-585-8026**

Domestic abuse
- Scottish Domestic Abuse and Forced Marriage Helpline – **0800-027-1234** (24hrs)
- Men’s Advice Line - **0808-801-0327** – For men experiencing domestic abuse/concerned about own behaviour
- Shakti Women’s Aid Edinburgh – **0131 475 2399**
- Glasgow Women’s Aid **0141 553 2022 / 2411**
- Galop (National LGBT+ Domestic Abuse Helpline – **0800-999-5428**

Drug misuse - Drug line Scotland - **0800-776-600** - 1000 – 1400hrs

Eating disorders - B-eat beating eating disorders - **0845-643-1414** (adults) **0845-643-7650** (youth)
- Gerbera Eating Disorder Support (GEDS) - **0141 221 1535**

Forced marriage – Forced marriage unit helpline – **020 7008 0151**

General Counselling Service - REACH Community Health Project - **0141 423 2289/2894**
- Tom Allan Counselling Centre - **0141 221 1535**
- Youth Counselling Service Agency (YCSA) - **0141 420 6600**

Gambling - Gamblers Anonymous – **0370 050 8881**
- Gam-Anon - **0370 050 8881** (24 hour helpline)
- GamCare - **0808 8020 133** (8am to midnight, 7 days a week)

Nightline: **0141-353-1050**, 1900 – 0700 (SRC listening and information service)

Pregnancy Support - Glasgow Pregnancy Choices - **0141 248 2667**
- ARCH (Abortion Recovery Care & Helpline) - **0141 226 5407**

Stress Management – Lifelink - **0141 552 4434**

Samaritans text help line: **07725909090** (This can be used instead of voice call)

Sexual health - Sandyford Initiative - **0141-211-8130**

LGBT Youth, Glasgow **0141-552-7425**