



Are you OK?

Emergency Contacts

If you or the person you are concerned about is in immediate danger, call **999**.
If you, or the person you are concerned about is not in immediate danger, but you need to contact somebody urgently please phone the Security and Response Team: **01334 46 8999**.

Health Issues

Illness or injury?

Contact your GP or visit the University of St Andrews Health Hub webpage or call 01334 465777.

You can also download the Student Health App. If you need medical advice, you can also call 111 and arrange an appointment at the minor injuries unit at the Community Hospital.
Dentist – call 01592 226555 during the day or 111 outside of office hours.

Mental health?

Visit your GP or contact theasc@ for an appointment with Student Services www.st-andrews.ac.uk/students/advice/

Sexual health

For information about sexual health services and appointments please contact Sexual Health Fife directly on 01592 647979.

Need to talk?

Advice and Support Centre (the ASC): theasc@ or 01334 462020
Samaritans: 116 123
Nightline: nightline@ or 01334 462266
BMA Helpline: 0300 123 1233
LGBT+: saintsLGBT@
Chapaincy: chaplaincy@ or 01334 462866

Academic Issues

Module or course concerns?

Contact a class rep, module coordinator, personal tutor or use Student Voice on Galen.

Need academic adjustments?

Contact the disability team: disability@
If you require additional time due to a temporary injury or mental health condition, you can email support.advice@

Need skills and studying help?

Contact CEED: ceed@
Contact PALS: palsmed@
Contact your Personal Tutor

Reporting Procedures

You can report **student conduct issues** to discipline@.

To report an **incident of sexual misconduct**, you can choose to report in whichever way feels most comfortable for you:

Email support.advice@ with the subject 'Support, Report'.

Use the online booking system to book a 'reporting sexual misconduct' appointment with a Student Services adviser.

If you want to make an anonymous report, you can use the report & support function: <https://reportandsupport.st-andrews.ac.uk>

Other Issues

Housing?

Contact accommodation@ or call 01334 462510

Commuting?

Contact the Townsend Society on Facebook or email townsoc@

Money?

Contact moneyadvice@ or theasc@

Feeling Isolated?

You can find a list of student societies here www.yourunion.net/activities/societies/

Relationship Issues or Conflict?

Contact the theasc@ or mediation@

Discrimination?

Email diversity@ or visit the Student Bullying & Harassment webpage: st-andrews.ac.uk/students/advice/personal/beingbulliedorharassed

LGBT+ Resources

www.saintslgbt.com/ or email SaintsLGBT@

BAME Resources

www.yourunion.net/representation/subcommittees/bame

Still not sure who to talk to?

Contact the staff member you feel most comfortable with.
Medicine Support Team: medsupport@
Your Personal Tutor or use Student Voice on Galen.