

# 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 in St Andrews.  
**Highlands:** Southside Road Practice  
**D & G:** Charlotte Medical Practice  
**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/](http://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

#### Still not sure who to talk to?

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

### Academic Issues

#### Module or course concerns?

Contact a class rep, year lead, personal tutor or use Student Voice on Solas.

#### 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  
**Highlands:** tara.mackenzie@nhs.scot or debbie.skinner@nhs.scot Tel. 01463 255084  
**D & G:** tracy.macphee@nhs.scot or Graham walker on 01387 241 343

#### Commuting?

Contact the Townsend Society on Facebook or email townsoc@

#### Money?

Contact moneyadvice@ or theasc@  
For travel expenses, contact scotgemplacements@

#### Feeling Isolated?

You can find a list of student societies here [www.yourunion.net/activities/societies/](http://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](http://st-andrews.ac.uk/students/advice/personal/beingbulliedorharassed)

#### LGBT+ Resources

[www.saintslgbt.com/](http://www.saintslgbt.com/) or email SaintsLGBT@

#### BAME Resources

[www.yourunion.net/representation/subcommittees/bame](http://www.yourunion.net/representation/subcommittees/bame)  
**Highlands:** [www.uhi.ac.uk/en/students/support](http://www.uhi.ac.uk/en/students/support)  
**D & G:** dg.BAMENetwork.nhs.scot