

Isolation Toolkit

If you have concerns over your own or someone else's mental health, note some of the following resources:

Threat to Life:

Immediately call 999

Contact **Campus Security** through the Safezone app, or call
Gilmorehill: 0141 330 4444,
Garscube: 0141 330 2222

Emergency/Crisis:

Contact the **University Crisis Team**, they can assist students in crisis including suicidal thoughts: 0141 330 4282

The Samaritans: 116 123

Breathing Space Helpline: 0800 83 85 87

More Contacts / Self-help Resources:

The **NHS 24 Mental Health Hub** is available 24/7 on 111.

Togetherall is a self-help resource you can access 24/7 with your University email address.

Become a Mental Health Champion by attending an SRC 'Mind Your Mate' workshop, to sign up email:
workshops@src.gla.ac.uk

For information on the **University's Counselling and Psychological Services (CAPS)**, as well as an extensive list of external and self-help resources, check out the Uni website:
gla.ac.uk/myglasgow/counselling

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For all of our isolating students, or anyone feeling stressed in the current circumstances, the SRC wanted to flag up a couple of resources to help during these challenging times.

For COVID guidance:

NHS Inform: Find the latest coronavirus (COVID-19) guidance in Scotland, and how to arrange a test:

nhsinform.scot

World Health Organization (WHO): Keep up to date with the most accurate and up-to-date information on the COVID-19 outbreak:

who.int/emergencies/diseases/novel-coronavirus-2019

For General Queries:

If you have any issues, from questions about your tenancy agreement, to financial concerns, or well-being or study issues, get in touch with our **Advice Centre**

Email: advice@src.gla.ac.uk

Tel: 0141 330 5360

Website: glasgowstudent.net/advice

The Advice Team are also available for Zoom appointments.