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.