Are you ok?

What's going on?

**Academic Issues**
Module or course concerns?
Speak to a class rep., module coordinator, tutor or Student Voice (on Galen/Solas)

**Emotional/Mental Health Issues**
Need to talk?
Student Services: studserv@ 01334 462720
Samaritans: 116123
Nightline: nightline@ 01334 462266
BMA Helpline: 03301231245
LGBT+: saintsLGBT@ Chaplaincy: chaplaincy@ or 01334 462866

**Physical Issues**
Disability? 
Disability team: disability@

**Other**

**Other**

Visa? 
ASC: theasc@ or international advice: advinte@

Housing? 
ASC: theasc@ or Accommodation Services: accommodation@ 01334 462510

Money? 
Money Adviser: moneyadvice@ ASC: theasc@

Discrimination? 
Visit the Student Bullying & Harassment webpage: st-andrews.ac.uk/students/advice/personal/beingbulliedorharassed/

**Jobs & Graduation concerns?**
Talk to the careers centre 
BMA: bma.org.uk 
NHS: healthcare.nhs.uk

**Need extra time?**
Contact the disabilities team: disability@

**Relationship issues?**
yourunion.net/helphub or the ASC

**Need skills and studying help?**
Contact CAPOD: capod@ 
Contact PALS: palsmed@

**Mental health issues?**
Visit your GP or the ASC

**Ongoing mental health issue?**
Visit your GP

**Personal issue impacting your studies?**

**Still not sure who to talk to?**
Contact the staff member you feel most comfortable with

Medicine Support Team: Medsupport@

Your Personal Tutor

Concern on Placement?
Inform Senior Member of Staff on Placement (i.e. Charge Nurse or Session Tutor)
email medclinical@ or Use Student Voice on Galen or Solas