



# Are you OK?

## Emergency Contacts

If you are concerned about yourself or another student, please call 999 for emergency services, or if there is no immediate threat to life you can contact the Security and Response Team on 01334 468 999.

### Health Issues

#### Illness or injury

Contact your GP practice or visit the **University of St Andrews Health Hub** [webpage](#) or call 01334 465777.  
NHS 24: 111.

#### Mental health

Contact your GP or email [theasc@](mailto:theasc@st-andrews.ac.uk) or call 01334 462 720 for an appointment with **Student Services**.

#### Need to talk?

**Advice and Support Centre (the ASC):**  
[theasc@](mailto:theasc@st-andrews.ac.uk) or 01334 462020  
**BMA:** helpline 0330 123 1245  
**Breathing Space** (6pm-2am): 0800 838 587  
**Chaplaincy:** [chaplaincy@](mailto:chaplaincy@st-andrews.ac.uk) or 01334 462866  
**Nightline:** [nightline@](mailto:nightline@st-andrews.ac.uk) or 01334 462266  
**Samaritans:** 116 123  
**Text Shout** on 85258

#### Sexual health

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

### Academic Issues

#### General Queries

MBChB Phase 1  
(including the BSc (Hons) Medicine programme):  
[medteaching@](mailto:medteaching@st-andrews.ac.uk)  
ScotGEM: [mbchb-scotgem@](mailto:mbchb-scotgem@st-andrews.ac.uk)

#### Module or course concerns

Contact a **class rep**, **module coordinator**, **year lead** or **personal tutor**.

#### Need academic adjustments?

To discuss potential adjustments in relation to a diagnosed disability contact the **disability team**:  
[disability@](mailto:disability@st-andrews.ac.uk)

#### Need skills and studying help?

For advice on how to study contact **IELLI**: [ielli@](mailto:ielli@st-andrews.ac.uk)  
For Peer Supported study contact **PALS**: [palsmed@](mailto:palsmed@st-andrews.ac.uk)

### Other Issues

#### Student Services A-Z of support

[www.st-andrews.ac.uk/students/advice/personal/](http://www.st-andrews.ac.uk/students/advice/personal/)

#### Housing

Contact [accommodation@](mailto:accommodation@st-andrews.ac.uk) or call 01334 462510

#### Commuting

[www.st-andrews.ac.uk/study/support/commuter-students/](http://www.st-andrews.ac.uk/study/support/commuter-students/)

#### Money

Contact [moneyadvice@](mailto:moneyadvice@st-andrews.ac.uk) or [theasc@](mailto:theasc@st-andrews.ac.uk)

#### IT

Contact [itservicedesk@](mailto:itservicedesk@st-andrews.ac.uk)

#### Feeling Isolated?

Contact **Peer Support** [peersupport@](mailto:peersupport@st-andrews.ac.uk)  
There are also various **societies** to meet people  
[www.yourunion.net/activities/societies](http://www.yourunion.net/activities/societies)

#### Relationship Issues or Conflict

Contact the [theasc@](mailto:theasc@st-andrews.ac.uk) or [mediation@](mailto:mediation@st-andrews.ac.uk)

#### Pastoral Support and Bereavement

[chaplaincy@](mailto:chaplaincy@st-andrews.ac.uk) or 01334 462866

#### LGBT+ Resources

[www.saintslgbt.com](http://www.saintslgbt.com) or email [SaintsLGBT@](mailto:SaintsLGBT@st-andrews.ac.uk)

#### BAME Resources

[www.yourunion.net/representation/subcommittees/explore/bame](http://www.yourunion.net/representation/subcommittees/explore/bame)

#### Student Union Supportive Resources

[www.yourunion.net/support](http://www.yourunion.net/support)

## Reporting Concerns within the University

You can report any **non-academic conduct issues** to [studentconduct@](mailto:studentconduct@st-andrews.ac.uk).  
Alternatively you can report **conduct concerns** to [theasc@](mailto:theasc@st-andrews.ac.uk) using the subject 'Support, Report'.

You can make an **anonymous report** about any issue including academic issues, using the [report & support function](#)

You can also report **any concerns** via Student Voice which is accessed via Galen or Solas.

### Med Support

The **Med Support** team are here to help with any matters impacting on your academic experience.  
Contact us on: [medsupport@](mailto:medsupport@st-andrews.ac.uk)



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guide to University  
support services