

Festive Support Guide



Emergencies



Staying in Glasgow



Home Worries



Sexual Violence



Mental Health



Alcohol & Drugs

⚠️ Emergencies

In case of an emergency over the holidays, there are people to turn to help you.

The University runs a **Crisis Team** who are available 24/7 for assistance in an emergency:

www.gla.ac.uk/myglasgow/staff/emergencyandcrisisupport

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

The **SRC Advice Centre** have a page of emergency contact & links which may be useful:

www.glasgowunisrc.org/advice/out-of-hours

You can also find information on non-emergency phone number (**101 - when not 999**) as well as other Safety and Security info here:

www.glasgowunisrc.org/advice/health-and-wellbeing/security/

🏠 Home Worries

We also recognise that for some students, returning home can be an uneasy experience, and for some not an option over the holidays.

Some resources for estranged students:

- **Stand Alone** helps support those that are estranged from their family or key family member:

www.standalone.org.uk/about

For members of the LGBTQ+ community who may need support over the break:

- **LGBT Youth Scotland** offers advice and support if you're part of the LGBTQ+ community:

www.lgbtyouth.org.uk/groups-and-support

- **Glasgow University LGBTQ+ Students' Association** also has webpage list of resources:

www.gulgbtqplus.com/resources

as does the University Webpage:

www.gla.ac.uk/myglasgow/humanresources/equalitydiversity/students/lgbt



🕯️ Staying in Glasgow

If you're going to be staying in Glasgow and would like to connect with others over the break, or take part in some of the planned activities, then take a look at joining the **UofG Never Home Alone Teams Group**:
bit.ly/NeverHomeAloneUofG23

Other well-being tips include:

- Check if any of your other friends are also staying in Glasgow - you could arrange to meet up for a coffee, a walk and a chat.
- If you can't meet up with people in person, make plans to video chat, Zoom or message.
- If you are feeling lonely, try and think about things you can do to make you feel closer to others. Putting pictures up of people you care about might be a nice reminder of these people in your life.
- If your home feels too quiet, put on a podcast - there are loads of really interesting ones on Spotify.
- Try and make the most of the natural light - go for a walk during the day - the Cloisters in the main building are a great spot to walk to and check out the pretty lights.
- Occupy your time by trying some new winter recipes or learning a new skill.



🎯 Sexual Violence

If you been the target of sexual violence or harassment at any point in your life, or know someone who has and would like to talk to someone over the break, the following resources can offer support:

- **The Rosey Project** is the Support and Prevention Programme for young people at **Glasgow Rape Crisis**:

www.roseproject.co.uk 08088 00 00 14

Closed Monday 25th December until Tuesday 2nd January inclusive.

Will re-open on Wednesday 3rd January.

During this time please contact Rape Crisis Scotland via the helpline below.

- **Rape Crisis** - The Rape Crisis Scotland helpline is open open as usual this year from 5:00pm- midnight, every night including Christmas and New Year.

Web: www.rapecrisisscotland.org.uk/

Call: 08088 01 03 02

Email: support@rapecrisisscotland.org.uk

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Alcohol & Drugs

Alcohol & Drugs

As we approach the Christmas break, the SRC wanted to highlight a number of resources to help you make responsible decisions and stay safe if you, or others around you, are choosing to drink alcohol.

While we recognise that this can be a large part of student culture, we want to ensure you are looking after yourself, know the associated risks, and are staying within safe limits. With that said, here are some useful resources:

- **Drink Aware** - This is a great resource with lots of useful information. Here you can find a self-assessment tool which determines whether the amount you're drinking could be impacting your health, an advice and support section, for yourself or someone else that you're worried about, and an information section about staying safe at University: www.drinkaware.co.uk
- **The Drinkaware App** - This lets you track your consumption by calculating units and calories: www.drinkaware.co.uk/tools/track-and-calculate-units-app
- **NHS One You website** - To see what units are in your drink, what the recommended guidelines are for consumption, and tips for cutting down, see: www.nhs.uk/better-health/drink-less
- **Togetherall** - Take the 'Cut Down Your Drinking' self-help course: www.v2.togetherall.com/courses
- **Al-Anon Family Groups** - Provides support to anyone whose life is, or has been affected by someone else's drinking: www.al-anonuk.org.uk/getting-help/find-a-meeting/
- **Alcoholics Anonymous (AA)** - Helpline: 0800 9177 650 Web: www.alcoholics-anonymous.org.uk/

Alcohol poisoning can occur when a person drinks a toxic amount of alcohol, usually over a short period of time. For information on spotting the signs and symptoms of this, and when to seek help, check out the NHS website:

www.nhs.uk/conditions/alcohol-poisoning

Drug related information:

- **Know Cannabis** - Assess your cannabis use, the impact it could be having, and explore how you can make changes: www.knowcannabis.org.uk

- **We Are With You** - Free confidential advice with alcohol, drugs or mental health www.wearewithyou.org.uk
- **Know the Score** - www.knowthescore.info
- **Adfam** - Information and support for friends and family of people with drug or alcohol problems: adfam.org.uk
- **Talk to Frank**: www.talktofrank.com

If you think negative drinking or drug habits could be related to underlying mental health issues, or anxieties surrounding the current situation, check out some of the below mental health resources.

Mental Health

We understand that this time of year can be really difficult for some students for a variety of reasons, with feelings of isolation, loneliness, anxiety and homesickness having potential to worsen.

If you have concerns about your own or someone else's mental health, please refer to the resources:

www.gla.ac.uk/myglasgow/counselling/self-help/

The University have created their own list of support contacts and resources, which you can find in their latest newsletter:

www.gla.ac.uk/myglasgow/students/newsletter/

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**