ASK FOR HELP

If calling from a University landline you need to dial 9 to get an outside line before using a number. Check the QR code for links where no phone number provided.

URGENT HELP

- **SEXUAL VIOLENCE/HARASSMENT, DOMESTIC ABUSE, OR STALKING**
  - 999 - Police emergency, 101 - non-emergency
  - 08088010302 - Rape Crisis Scotland
  - Revenge Porn helpline
  - Report & Support (anonymous, for students)
  - Speak to Student Advisers/Student Support Team (students)
  - Speak to EUSA (students)
  - The Advice Place (students, call or book appointment)
  - Speak to line manager, HR advisor or Dignity & Respect Advisor (staff)

- **BULLYING, HARASSMENT, OR HATE CRIME**
  - 999 - Police emergency, 101 - non-emergency
  - Official University complaint
  - Speak to Student Advisers/Student Support Team (students)
  - Speak to EUSA (students)
  - The Advice Place (students, call or book appointment)
  - Speak to line manager, HR advisor or Dignity & Respect Advisor (staff)

- **MENTAL HEALTH AND WELLBEING**
  - Listening Service for Students and Staff (The University Chaplaincy)
  - 0131 557 4444 Nightline (for students, Instant Messenger available)
  - Student Counselling Service (same day appointments)
  - Staff Counselling Service
  - Employee Assistance Programme
  - Self-help Resources (for staff)
  - Informatics Mental Health First Aiders (for staff)

- **DISABILITIES & HEALTH PROBLEMS**
  - General Practitioner
  - Disability and Learning Support Service (for students)
  - Staff Disability Service
  - Occupational Health (staff)
  - Contact the School’s H&S manager (staff)

- **EQUITY, DIVERSITY AND INCLUSION CONCERNS WITHIN THE SCHOOL**
  - Contact the People and Culture Committee
  - Contact your School or Programme Reps

- **SCAN HERE**

for more information

or visit linktr.ee/INFAskForHelp

Key: ⚠ Advice for all  🔴 Advice for students  🔵 Advice for staff