



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

- ⚠️ **999** - Emergency Police, Ambulance or Fire Services
- ⚠️ **101** - Police Scotland non-emergency
- ⚠️ **111** - NHS 24 non-emergency
- ⚠️ **0808 801 0414** – Edinburgh Crisis Centre (24/7)
- ⚠️ **2222** from a university landline - University Security (emergency support) 24/7
- ⚠️ **0131 650 2257** from a landline/mobile - University Security (emergency support) 24/7

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)

EQUALITY, 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



THE UNIVERSITY of EDINBURGH
informatics

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