



# 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/not anonymous, for students and staff)
- ⚠ 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)

## 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

## 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)

## SCAN HERE

for more information



or visit [linktr.ee/INFAskForHelp](http://linktr.ee/INFAskForHelp)



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**informatics**