Are you OK?

What’s going on?

Academic Issues
Module or course concerns?
Speak to a class rep, module coordinator, tutor or Student Voice (on Galen/Solas)

Jobs & Graduation concerns?
Talk to the Careers Centre
BMA: bma.org.uk
NHS: healthcareers.nhs.uk

Need extra time?
contact the disabilities team: disability@

Need skills and studying help?
Contact CEED: ceed@
Contact PALS: palsmed@

Personal issues impacting your studies

Emotional/Mental Health Issues
Need to talk?
Advice and Support Centre (the ASC): theasc@ or 01334 462020
Samaritans: 116 123
Nightline: nightline@ 01334 462266
BMA Helpline: 0300 123 1233
LGBT+: saintsLGBT@ Chaplaincy: chaplaincy@ 01334 462866

Relationship issues?
yourunion.net/helphub or the ASC

Mental health issues?
Visit your GP or the ASC

Ongoing mental health issue?
Visit your GP

Disability?
Disability team: disability@

Illness or injury?
Please visit st-andrews.ac.uk/students/advice/health
Call 01334 465777 for advice from the Student Health Hub (open 8am-5pm, Mon-Fri)
Download the Student Health App for help with self-diagnosis and management

Physical Issues

Visa?
ASC: theasc@ or International advice: advint@

Other

Housing?
ASC: theasc@ or Accommodation Services: accommodation@ 01334 462510

Money?
Money Adviser: moneyadvice@ ASC: theasc@

Discrimination?
Visit the Student Bullying & Harassment webpage: st-andrews.ac.uk/students/advice/personal/beingbulliedorharassed

Still not sure who to talk to?
Contact the staff member you feel most comfortable with

Medicine Support Team: medsupport@

Your personal Tutor
Inform Senior Member of Staff on Placement (i.e. Charge Nurse or Session Tutor)
email medclinical@ or use Student Voice on Galen or Solas

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