

It's okay not to be okay

University brings change and challenge which can sometimes be difficult to adapt to. It is perfectly normal to feel overwhelmed at university but, if you're feeling down, or just want someone to talk to it's important to reach out and get help. The University's counselling and psychological services offer a range of self-help resources. More information can be found at:

<https://www.gla.ac.uk/myglasgow/counselling/self-help>

Recommended apps and websites

Calm: Calm is one of the top-rated apps for sleep and meditation. Getting a good night's sleep helps lower stress and anxiety as well as boosting your mood:
<https://www.calm.com>

Headspace: Meditation is an effective way to improve focus, reduce stress and increase sleep quality. If you are new to meditation, the headspace app is a great way to start with numerous different guided meditations taking you step by step through the meditation process:
<https://www.headspace.com/headspace-meditation-app>

Living life to the full: Work through free online courses aimed at reducing stress, and improving mood and resilience. Living life to the full is a great resource:
<https://littf.com>

Useful Numbers

Breathing Space - 0800 83 85 87 -

Monday-Thursday 6pm to 2am

Friday 6pm-Monday 6am

A free, confidential, phone and web-chat service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety

Glasgow Students' Nightline - 0141 334 9516

Monday-Friday 7pm-7am

A confidential telephone, text, and online listening and information service run by trained students for the students of Glasgow University, Glasgow Caledonian University, and Strathclyde University.

Glasgow & Clyde Rape Crisis - 08088 00 00 14

11am-2pm Monday - Friday

Provides support for women and girls who have experienced rape, sexual assault or sexual abuse.

Samaritans - 116 123

24hrs

A helpline offering emotional support for anyone feeling down, distressed or struggling to cope

