



# Support & Resources 2024/2025



If you or someone you know is struggling and needs help we have gathered resources that may be helpful.

Some are based at the University or in Edinburgh, others are national. Equally, some are for specific situations such as support for victims of sexual violence or those who need financial support, while others are simply there for anyone who needs to talk.

## **Crisis Support**

If you need help in a crisis during the winter/summer break, please get in touch with the University Security Team on 0131 650 2257. Help is available 24 hours a day, 365 days a year. We recommend you save this phone number.

## **Support From Within The University**

[University of Edinburgh Scholarships & Funding 23/24](#)

[Disability Services](#)

[Careers Services](#)

[Chaplaincy Listening Service](#)

[Wellbeing Service](#)

[Advice Place](#)

[Counselling Service](#)

## **General Support Outside The University**

[Hub of Hope - Search Engine For Resources](#)

[Samaritans - Call 116 123](#)

[Shout UK - Text Shout to 85258](#)

[Edinburgh Mental Health Assessment Service](#)

[Edinburgh Crisis Centre](#)

[Living Rent](#)

[Shelter Scotland](#)

[Switchboard \(LGBTQ+\)](#)

[FRANK - Drugs](#)

[Beat ED Support Scotland](#)

## **For Anyone in Need of Financial Assistance**

[Citizens Advice](#)

[The University of Edinburgh Cost of Living Resource Page](#)

[Turn2Us](#)

## **For Survivors of Sexual Violence**

[Urban Angels Resource List](#)

[Resources From The Uni Of Edinburgh](#)

[Rape Crisis Scotland](#)

[Edinburgh Rape Crisis Centre](#)

[Survivors UK](#)

## **Support From The University**

### **Wellbeing Support**

The University Listening Service offers 24/7 support for all students, including throughout the winter/summer break. You can contact the service through Security on 0131 650 2257.

[The Listening Service](#)

### **Financial support**

If you need access to emergency financial support during the break, please also contact Security on 0131 650 2257.

[University financial support](#)

### **Students in University Managed Accommodation**

If you're staying in University-managed accommodation, the Residence Life Team will be organising events over the winter/summer break. These events will be advertised via email and on the University's Residence Life Facebook pages, so do keep an eye on these.

Any urgent wellbeing or safety concerns can be raised through the Community Support Team on 0131 667 1971. Any non-urgent concerns can be emailed to [reslife@ed.ac.uk](mailto:reslife@ed.ac.uk).

### **Library Opening Times**

If you're studying over the winter/summer break, the Main Library will be open most days with reduced hours. Please visit the library webpages for details. Don't forget to check before you travel for any last minute changes in the event of adverse weather.

[Opening hours of all libraries](#)

If there is an organisation that you would recommend and think should be on this list please email us ([93clubedinburgh@gmail.com](mailto:93clubedinburgh@gmail.com)) and let us know.