

This booklet gives some information and helpful suggestions about how to enjoy your time as a student and look after yourself. It also tells you where to go for help or more information about:

- good sex and relationships
- free condoms
- stress and worries
- drink and drugs

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good times

sound advice for students



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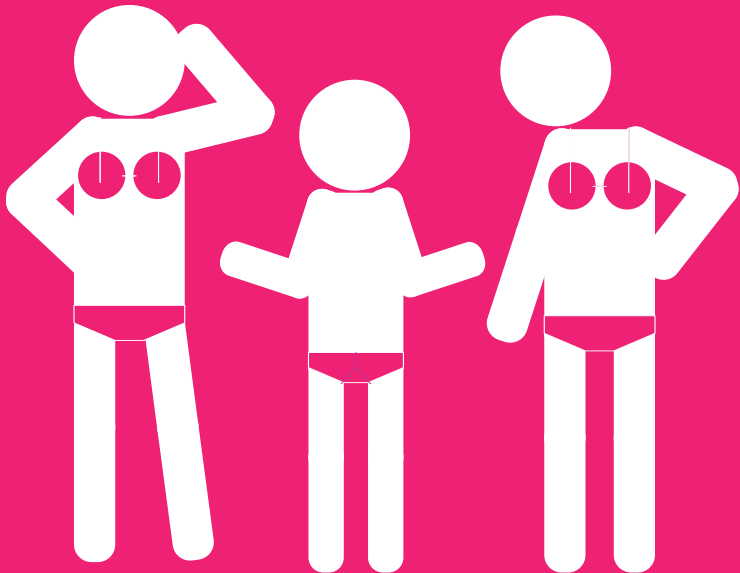
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welcome



hello

Welcome to student life. This booklet gives some information and helpful suggestions about how to enjoy your time as a student and look after yourself. It gives advice on things like how to enjoy safer sex and good relationships, what to do if you're stressed out, and what you need to know about drinking and drugs.

It's not a complete guide, but it will give you some basic information and tell you where to go if you want to find out more or if you need some advice or services.

If you're just starting at college or university you might be looking forward to new freedoms, especially if you're living away from home for the first time. The rules you follow are your own.



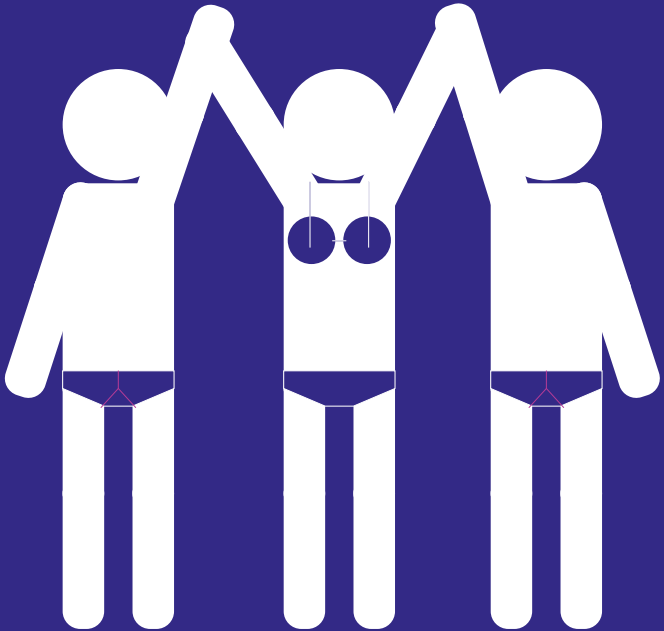
Having freedoms can be good fun. But being a student might also be difficult at times – we want to make sure you don't feel on your own, and that you have the information you need to choose what's best for you.

You'll also get the chance to meet new people on campus. You can meet people similar to yourself; and very different. This can be a fantastic time but it can also be bewildering – especially when it comes to relationships.

The next section gives some information and advice about how to meet people and some helpful things to keep in mind in your relationships – with friends or with lovers.



relationships



friends . . .

Studying can take up a lot of your time and be pretty stressful. It's a good idea to balance it with being social and having friends.

If you find that getting to know people at first is a bit tricky you should check out all the social clubs and activities that the college or university student union has to offer. Starting with something in common helps people to get to know each other.



partners and lovers . . .

You can't always predict who you'll find attractive. When you like someone you might move beyond friendship.

You and your partner can choose to have a sexual or non-sexual relationship. Sometimes it's hard to work out what sort of relationship the other person wants, but try and think about what sort of relationship you would like.

It's important to talk and check out what the other person is thinking.

Sexual relationships can be with someone you feel a long-term commitment to or they can also be casual or one-off.

Sex can be something special. Its okay to wait until you feel it's the right thing to do.

good relationships . . .

Sound, fun and long-lasting relationships (whether lovers or just friends) are those based on respect and communication. Here are a few helpful ideas to keep in mind:

talk. Whether with a friend or a lover, make good communication part of the relationship. Try not to assume what they are feeling and thinking, it's better to ask.

empathy. When you're with someone, try and think about how they are feeling and go from there.

respect. Respect the other person's feelings, their beliefs and opinions, likes and dislikes.

And remember to respect yourself as well – this means learning what your own likes and dislikes are and sticking to what you feel comfortable doing.



no pressure. Never feel pressured into doing something you don't want to do and equally never put pressure on a friend or lover to do something they don't want to do.

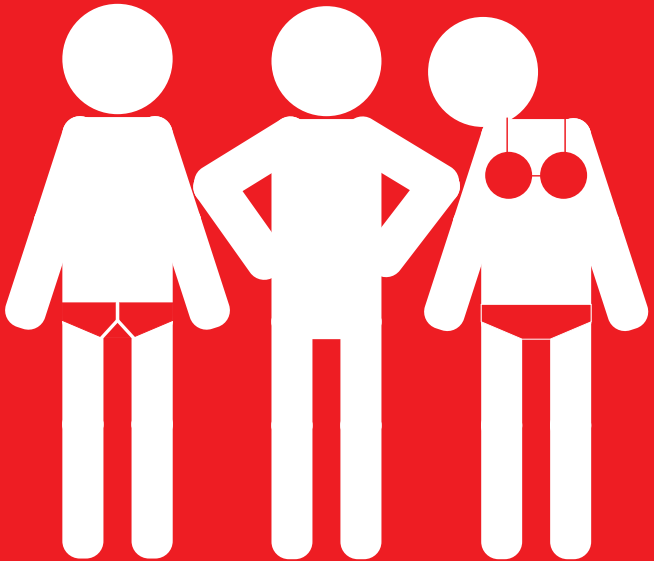
Remember to respect what people tell you. The law says this as well: you need consent from someone before you have any sexual contact with them.

Here is where to go for more information on friendships and relationships:

- Net Doctor (see p xx)
- If you're having relationship troubles, ask your student union if your campus has a counselling service



**identities:
knowing yourself**



identities: knowing yourself . . .

Who are you? What do like? On campus people find the freedom to discover things about themselves, to ask questions about themselves. You'll find a lot of different people with a wide range of opinions, tastes and identities.

It can be exciting to explore things and try and define yourself, to find out where you fit in and where you don't. It can also be a really confusing time, not only thinking about who you are, but who you'd like to have relationships with.

Moving into adulthood can bring questions and decisions about being a man or being a woman and having loving and sexual relationships.

Have a good time but remember to stay safe and that you have the right to be happy and fulfilled in relationships.



gay, lesbian, straight and bi . . .

Not everyone is clear about their sexual orientation, it may take time for some people to understand their sexual feelings – that's OK. Being a student can be a time when many people feel free to express their sexuality.

If you're gay, lesbian or bisexual, or if you're unsure about your sexual orientation there are confidential services you can contact for information and support or to meet other people:

- LGBT Youth Scotland (see p xx)
- Strathclyde Gay & Lesbian Switchboard (see p xx)
- Terence Higgins Trust (see p xx)
- You can ask your student union if there's a club on campus.

For meeting others don't forget there's a great gay and lesbian social scene in Glasgow. Try the LGBT Centre Cafe on Bell Street.

choices:

to sex or not to sex



What sort of things should you consider before having sex?

It's a good idea to ask:

- Am I sure about this?
- Do they want the same as me?
- Do I feel safe?

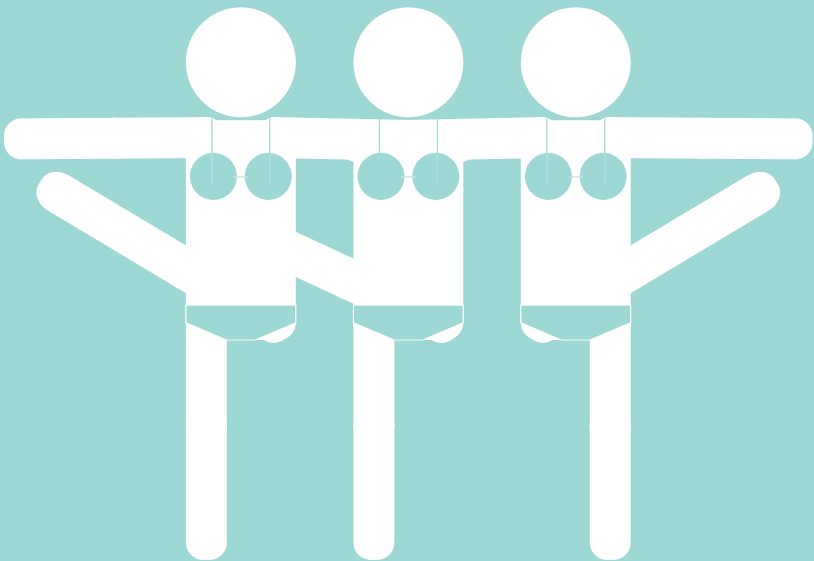
And of course it's all right to not be interested in a sexual relationship at all.

For some, choosing not to have sex can be a positive choice in their life. People can choose not to have sex for just one night, until they're married or just until they feel ready.

It's OK to change your mind about having sex – it's up to you when you want it or don't want it.



sex and emotions



happiness, pleasure and joy . . .

There can be a lot of feelings and emotions attached to sex. Happiness, pleasure and joy are just some of the positive emotions that you can experience. These feelings will be stronger the more your partner understands your emotions, your body and your desires - and the more you understand theirs.

And of course sex should be about pleasure – for you and your partner. Talk with your sexual partner about what you like. Ask them what they like. If you think they feel a bit unsure or uncomfortable check out why.

Explore each other's bodies. You can just kiss and touch each other; good sex is about more than just penetration.

Have fun - try whatever positions turn you both on.
Be safe, be sure, be happy!



sex: feeling regret . . .

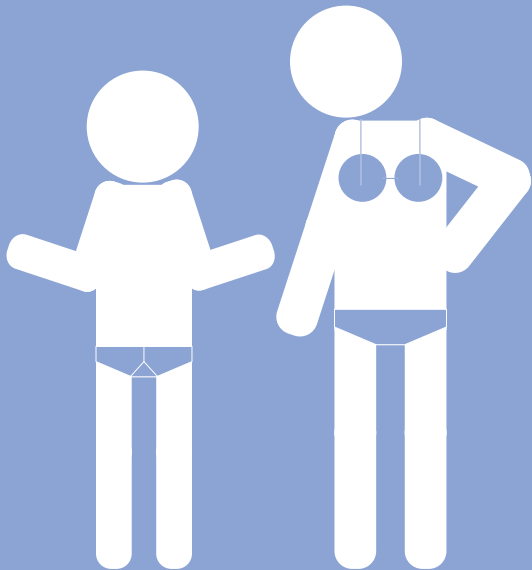
Sometimes people have sex with someone and afterwards wish they hadn't. People can make bad choices for all sorts of reasons. If you feel you've made a mistake and feel down or worried, talking about your feeling of regret can help make you feel better and help you understand why you made a bad choice.

Here are some people you can go to to talk about your concerns:

- The Listening Ear (see p xx)
- Ayrshire & Arran Sexual Health Dept.(see p xx)
- Copeline (see p xx)
- Ask your student union if your campus has a counselling service. (see p xx)



your body



know where you like it . . .

erogenous zones

There are many parts of your body that will feel sexy to you – these are called erogenous zones.

The more you feel at ease and turned on with someone the more you will learn about which parts of your body you like them to touch, kiss and explore.

Some women say their clitoris is the place where they enjoy being aroused the most, but there are endless other possibilities. Different people like different things – for some it could be a completely unexpected place they like touched.

Talk to each other. Have fun. Explore. Be safe.



and what you like . .

masturbation

Some polish the pearl, buff the muffin, flick the budgie or rock the little man in the boat.

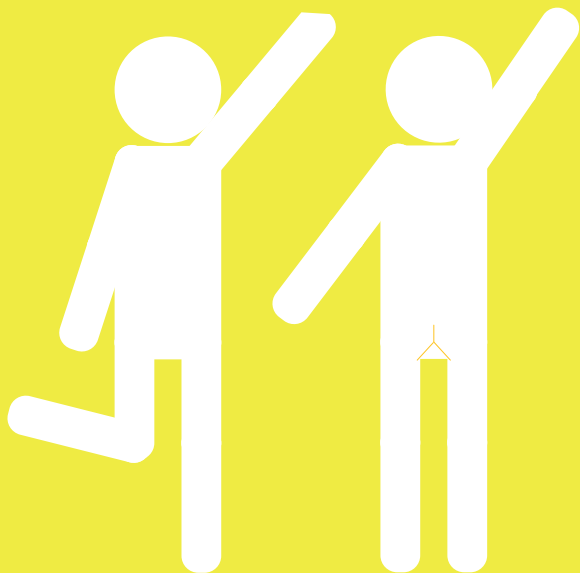
Others jerk the gherkin, spank the monkey, toss the caber or wax the surfboard.

Call it what you will - nearly all women and men masturbate but they don't necessarily talk about it.

Forget any of the daft things you've been told about masturbation - it's perfectly normal. It's a great way to get to know what turns you on.

Mutual masturbation (doing it together with a partner) is fun too.

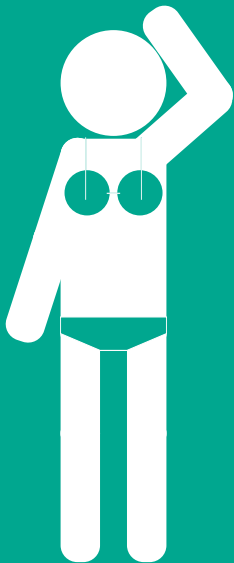
getting turned on



You never know what will turn people on, everyone likes something different. For some it might be candlelight and the right music, for others it might mean using some sex toys or dressing up. No matter what you or your lover like, remember you don't have to do anything that makes you feel uncomfortable.



porn



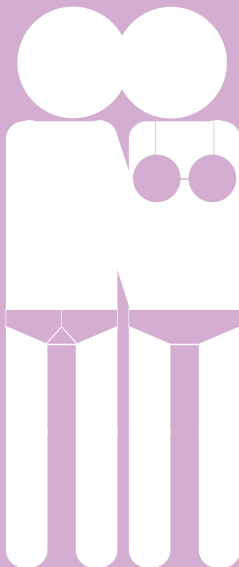
There are different debates about pornography. Whatever your view you should never feel pressured or pressure anyone into watching it or into imitating it.

Be cautious of anyone wanting to film you (even with a mobile phone) because images can be e-mailed and put online.

Legally, you have to be 18 to rent or buy porn films or magazines. Some types of porn are always illegal, such as any with people under 16 in it.



safer sex



safer sex

The next few sections will tell you how you can reduce the risks of pregnancy and an infection.

sexually transmitted infections (STIs)

STIs can be viral (like HIV) or bacterial (like Chlamydia). They can be transmitted through body fluids such as semen or vaginal fluids. If you have unprotected sex (without a condom or a dam) they can be passed on. Some other common examples of STIs are Gonorrhoea, Syphilis, Herpes and Genital Warts.

how many people have STIs?

They're more common than most people believe. It's estimated that 1 in 10 sexually active people under the age of 25 have Chlamydia.



HIV infection has not gone away, in fact more people are being diagnosed with it every year.

how serious are STIs?

It varies. Some (like Chlamydia) are easily treated with antibiotics. Others (like Herpes) require more long-term treatment. But if left untreated many infections can have long-term consequences.

For example, if Chlamydia is untreated it can affect fertility in men or women. There are now treatments but still no cure for HIV, but people's quality of life is seriously impaired by both the treatment side effects and the infection itself.



who's at risk?

Everyone who has sex is at risk of getting STIs. If you have any type of unprotected sex (including oral sex) you are at risk – whether you are lesbian, gay, straight or bi. Young people in Scotland are amongst the most at risk groups when it comes to STIs.

penetrative sex

You are most at risk of STIs including HIV if you have unprotected penetrative vaginal or anal sex.

oral sex

This (kissing, licking and sucking your partner's vagina, cock or anus) is a risk. For more on protecting yourself with condoms and dams see page xx.

sexual health checkups

If you have any concerns about STIs you should find out more. Keep in mind that:

you can't always tell.

Most people have no signs or symptoms of infection. Noticeable signs of an infection might include a burning sensation when you pee, a discharge from your penis or vagina, or maybe some pain or bleeding during or after sex. If you have had unprotected sex you might have an infection so check it out.

it's better to know

The sooner you know you have an STI the sooner you can treat it, reduce any long-term consequences and ensure you don't pass it on to someone else.

drop-ins and appointments

Some clinics have drop-in times, where you can just turn up but may have to wait to be seen – so you may prefer to make an appointment.



free, friendly and confidential

There are confidential (yes, totally confidential) and easy to use health services that are dedicated to sexual health. They will not share information with outside agencies like insurance services or with your GP unless you give them permission.

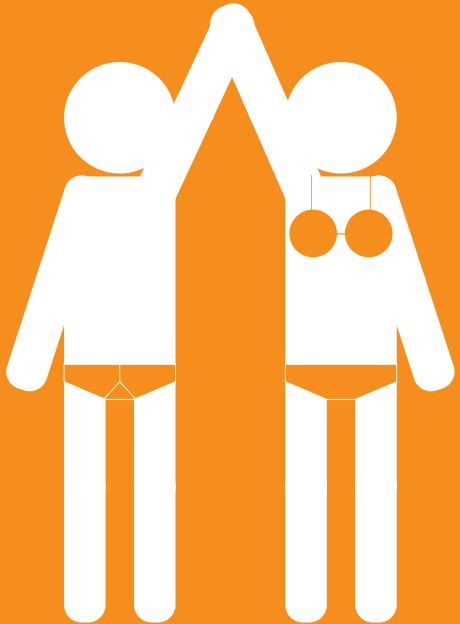
It's free to use. Staff are friendly and welcoming.

These are a few of the places you can go for information or a sexual health check up:

- The Sandyford + Sandyford Hubs (see p xx)
- Ayrshire & Arran Sexual Health Dept.(see p xx)
or check out their website: www.shayr.com
- Family Planning Association (see p xx)



contraception



condoms, dams and lube

Condoms can prevent the spread of STIs and prevent pregnancy.

Even if other forms of contraception are being used, you should use a condom to protect each other from STIs.

You don't always plan ahead to have sex, so it's best to carry condoms with you.

female condoms Also known as femidoms or vaginal sheaths, they are used by a woman and fit inside her vagina. It can be tricky to use at first but can be put in anytime before sex. Read the instructions on the packet and check the expiry date is OK.

male condoms Read the instructions on the packet and check the expiry date. Practice makes perfect – have some fun on your own or with your partner.

lube Lubrication (lube) is a cream or a gel that makes penetrative sex easier. It's especially important to use lube if you are having anal sex. Lube reduces the chances of the condom tearing. Always use the right kind of lube – it needs to be water or silicon based. You can buy lube from a chemist or get it free from C Card. Never use any oils like Vaseline or baby oil as they will damage the condom.

dams They are squares of latex for use during oral sex to prevent the spread of STIs. These are simply placed over the anus or vagina.

when is it OK to stop using condoms?

If you're in a relationship and think you'd like to stop using condoms, get checked for STIs. Remember you or your partner may be carrying an STI for a long time and not have any symptoms. It's best to check just to be sure.



free condoms, dams and lube: c card

C Card is a confidential service offering you access to a range of free condoms without embarrassment.

it's very easy.

You will need to register at one of the C Card registration sites. Then you can pick up free condoms, dams and lube from distribution sites.

it's confidential.

When you register, you'll be asked a couple questions but that information is kept completely confidential. You will also have a chance to have a private chat about condom choice, sexual health or relationship issues if you would find it helpful.



To find free condoms contact:

- The Sandyford + Sandyford Hubs (see p xx)
- Any Chemist in Ayrshire
- Ayrshire & Arran Sexual Health Dept.(see p xx)

other contraception

If sex is a possibility, you need a plan. It'll give you one less thing to worry about.

There are lots of different kinds of contraception such as the pill, caps or condoms.

It's easy to forget to take the pill when you're busy or out partying for example. Using coils (IUDs), implants and the jag can be more reliable than the pill because you don't have to remember to take them daily.



There are lots of choices. If you talk with someone at a sexual health service they'll help you find what suits you and your partner best:

- The Sandyford + Sandyford Hubs (see p xx)
- Ayrshire & Arran Sexual Health Dept.(see p xx)
- Family Planning Association (see p xx)
- Or talk to your GP

emergency contraception

Sometimes condoms come off or split or you have sex when you didn't plan to and didn't use protection. If you are worried about getting pregnant after unprotected sex, you can take emergency contraception.

There are two methods of emergency contraception:



1. Emergency pill

(also known as the morning after pill). It needs to be taken within three days (72 hours) of having unprotected sex. The sooner it's taken the more effective it is.

2. The copper IUD (intrauterine device)

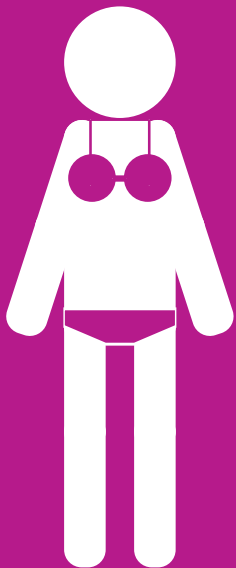
This is fitted in the womb by a doctor or nurse within five days of sex or the earliest time you could have released an egg (ovulation). The IUD has almost a 100% success rate. A doctor or family planning nurse or pharmacist will be able to advise you on the best method.

If you've had unprotected sex you should also get a sexual health check where you'll get tested for STIs (see page XX).

You can get advice and emergency contraception from:

- The Sandyford + Sandyford Hubs (see p xx)
- Ayrshire & Arran Sexual Health Dept.(see p xx)
- A Pharmacy/Chemists
- Your GP

**if you think you
are pregnant**



If you think you might be pregnant (when you have not planned to be) you need to take a pregnancy test as soon as possible.

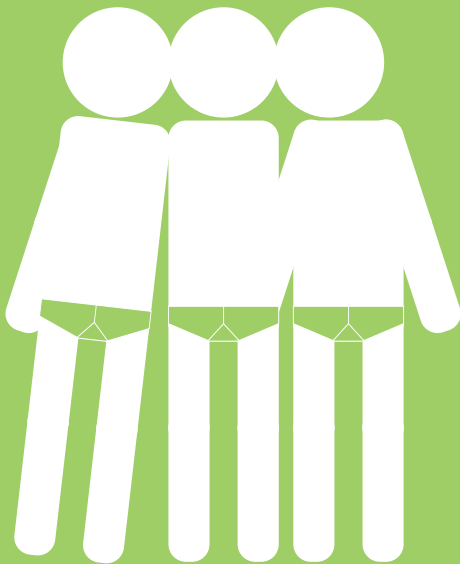
You can get pregnancy tests from any chemist. Some women prefer to get a free test at a specialist sexual health clinic or a family planning clinic - if you go to a clinic you can also have a chat about the results and get some good supportive and confidential advice.

There are a range of people available for you to talk to. Here are some suggestions:

- The Sandyford + Sandyford Hubs (see p xx)
- Ayrshire & Arran Sexual Health Dept.(see p xx)
- Family Planning Association (see p xx)
- British Pregnancy Advisory Service (see p xx)
- Your GP



student life: ups and downs



check your head . . .

Student life is a bit of a balancing act. There's a whole bunch of new feelings and experiences that you have to learn to cope with.

Good mental health is about enjoying life and being able to deal well with stress. It's about feeling that you can look after yourself and the people you care about. And it's about letting other people care for you and look after you too.

Being a student often means letting go of some of the friendships or family contacts that are really important. You might even be away from home for the first time and feel a bit homesick.

When you're feeling a bit edgy, a bit lonely, you might not eat as well as you should, you might drink a bit more than usual, it might be harder to sleep or you might take to bed and hide under the duvet.

Feeling down or anxious affects us all differently - everyone feels that way sometimes, but some people find it harder than others to feel better.

If you want someone to listen to you about feeling down, worried, angry or anxious here is where to go. Services are always confidential.

- Samaritans (see p xx)
- Breathing Space (see p xx)
- Ahead for Health (see p xx)
- Students Against Depression (see p xx)
- Copeline (see p xx)



stressed?

solutions for students

Try these suggestions for calming down:

- Change the scene, go out for a walk
- Be social, get out and talk with people. You may want to join a club on campus.
- Try and get some exercise
- It may seem obvious, but make sure you get enough sleep
- Take time to take care of yourself –pamper yourself a bit.
- Watch you don't binge drink
- Some people use drugs when they're stressed, but remember there can be negative side effects and they can just make you more anxious
- Try this short breathing exercise to calm down:
Concentrate on your breathing, then take a slow, deep breath in and hold it for two seconds, breath out slowly, repeat at least three times.

- Don't keep things to yourself. Tell friends how you feel. Or if you want to tell someone more neutral and who's trained to help, friendly counsellors are also there to listen to you.

And for dealing with study stress:

- Carefully plan ahead. Take time to plan the work you have to do, know your deadlines!
- If you're having trouble keeping up with your studies, there are people who are there to support you - it might be a tutor or department head for example.
- If you don't know who to approach at college for help or advice about workload, just pick a lecturer or tutor you like and they will point you in the right direction.

It's not always easy to deal with problems on your own, if you're having a hard time feeling better and want some support, call one of the people in the previous section on page xx.

money

For most students, getting by on a little budget can be stressful, especially if you're trying to fit in part-time work on top of your studies.

You can ask your student association who to speak to about grants, there may be some you're eligible for such as hardship funds.

get help

Don't wait until money problems get serious, get help sooner than later. Never be embarrassed - there are people who will listen to your worries and give you good advice.

plan ahead

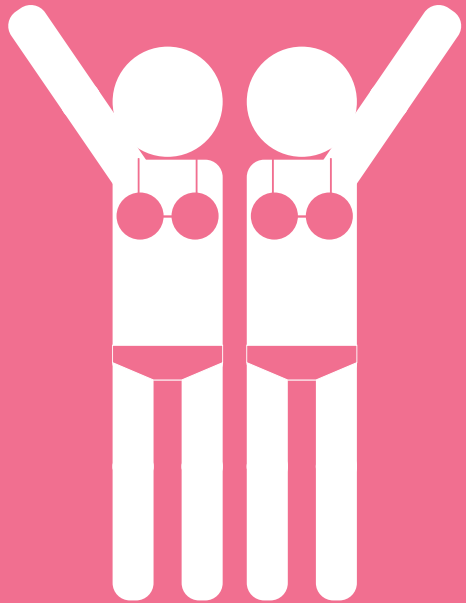
It's worthwhile to take a bit of time and plan ahead, figure out how much you can spend a month and stick to it.

These people can give you information and advice:

- Money Matters (see p xx)
- Citizens Advice Bureau (see p xx)



go party



go party . . .

You're going to have the chance to party and meet lots of people. Being a student isn't just about studying - enjoy it!

How you have a good time is up to you. To help you make choices we'll give you some information about drink and drugs and partying on the next few pages to help you take care of yourself, so you know some risks and have the information you need to keep safe.

going out and staying safe

Keep one thing in mind: it's an uncomfortable truth but not everyone out there wants to look after you. Here are a few tips about partying and keeping safe for men and women.



- Go out with pals. And stick with them. If your friend gets drunk or high don't leave them alone, get them home safely.
- If you are new to the area, and don't know people well, find out about clubs or societies that are having freshers events and stick with them.
- Make sure your mobile phone has credit and is charged.
- Don't give your phone number or home address out in chat rooms. If you arrange to meet someone, meet in a public place and let friends know about it.
- Keep enough money for a taxi home.
- Keep an eye on your drink. Don't leave it unattended in pubs, clubs or at house parties - in case someone tries to spike it. If you have left it don't go back to it.
- Don't accept drinks from people you don't know. Tell the bar staff any concerns you have.



- If you feel odd (maybe dizzy, sick or sleepy) after just a normal amount to drink, trust the feeling you have that something might be wrong and ask a friend or someone you can trust for help.
- If someone makes you feel uncomfortable by their behavior or language be polite and assertive. Tell them you're not interested. If necessary move away.
- It's never a good idea to leave a party or bar with someone you've just met, but if you do either ask a friend to walk with you or let friends know where you're going and who you are with.



your sexual rights



In a sexual relationship you have the right to:

- be happy
- choose when to have sex
- say no to sex
- ask for what you want
- say what you don't want

If you have sexual contact with someone without their consent you are committing a crime.

It is illegal to have sex with someone if they are under the age of 16.

sexual assault

never blame yourself if you have been raped or sexually assaulted by either someone you know or a stranger.

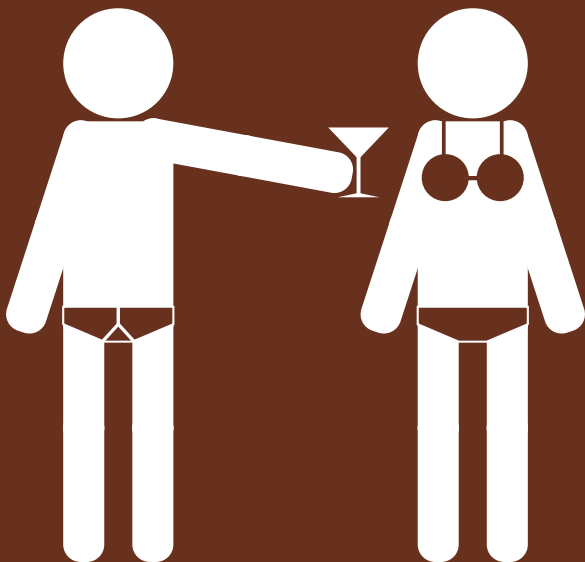
It's a good idea to go to the police to make a report. You should do this as soon as possible. Alternatively, you can go to a centre in Glasgow called Archway. They give sensitive support and counselling for men and women. A female doctor will offer to examine you, take forensic evidence and check you for STIs.

Everything will be kept completely **confidential**. Police will only be informed if you agree. These people are available to help:

- Archway (see p xx)
- Rape Crisis Centre (see p xx)
- Women's Support Project (see p xx)
- The Sandyford (see p xx)
- Strathclyde Police (see p xx)
- Moving On Project (see p xx)
- Women's Aid (see p xx)



alcohol and other drugs



alcohol, other drugs and sex

Have a good time and remember to balance that with taking care of yourself and others. On the next few pages we'll give you facts and advice without the lecture.

**going partying?
take a condom with you!**

If you think a hangover is bad, just think how it would feel to wake up with an STI or unwanted pregnancy. Being drunk or high reduces your inhibitions and that may mean that you are far more likely to have unprotected sex.

Being drunk or high won't help sex – it makes it difficult for men to get an erection. (There's more about drinking and other drugs in the next sections).



Know your limits – but the best advice is to always be prepared. Take a condom or dam with you before you go out.

Don't put condoms in your wallet or back pocket though, they can get damaged over time by being worn down.

drinking

cheers

It's easy to forget that you don't have to drink to have a good time or to relax.

Scotland's drinking culture promotes going out to get drunk (binge drinking) rather than drinking socially. Drinking like this is more harmful to people and society - particularly in terms of poor health and violent crimes.

be merry

So if you do drink, try and remember to drink to be social - not to binge and get drunk.

Keep in mind that you don't have to keep up round for round, you can drink at your own pace.

eat

Food slows down the absorption of alcohol in your stomach so eating before or during a night out is a good idea.

water helps

Alcohol dehydrates you, remember to drink water during and after a night out – your head will thank you for it, as well as your complexion. Having water or soft drinks between alcoholic drinks is good because it will slow down your drinking pace.



how much alcohol is ok?

Depending on your weight, it takes about an hour for your liver to break down a unit of alcohol. One unit is:

- a shot of hard liquor like vodka
- half a pint of beer
- a small glass of wine

It's recommended that women drink no more than 2-3 units a day and men no more than 3-4 units. But not every day! It's best to have at least a few alcohol free days a week.



more about drinking . . .

too much too often?

Heavy drinking can permanently damage organs like your brain and liver – not to mention your relationships, bank balance and studies. If you find yourself often drinking alone or think you might have a problem controlling how much you drink, you should talk to someone. For confidential information, advice or support about alcohol here's where to go:

- Drinkline Scotland (see p xx)
- Alcoholics Anonymous (see p xx)
- Glasgow Council on Alcohol (see p xx)
- Glasgow Addiction Services (see p xx)
- Momentum (see p xx)



other drugs . . .

We want to make sure you have the information you need to help you make choices about taking drugs. Alcohol is the most popular drug, but as you know there are a lot of others and they all have different effects. There are different legal consequences as well, so it's best to find these things out.

know what's what.

If you're going to take a drug, it's best to have information about it first to reduce dangers to yourself. Knowing more about a drug might also make you decide not to take it.

Drugs can affect you in many different ways. In general they can be:

- Stimulants (like cocaine)
- Depressants (like alcohol)
- Hallucinogens (like hash)
- Or they can have a combination of effects on you

The strength and duration of the effects depend on many things like how you take the drug (smoking, eating or injecting for example), the purity of it or what you mix it with. Some drugs can harm your physical or mental health for the long-term. The more you know, the more you can reduce risks of harming yourself.

don't mix.

It's not a good idea to mix drugs with alcohol or other drugs; it can increase the risk of overdosing.



drugs continued . . .

legal and other consequences.

Illegal drugs are classified as class:

- **A** (such as heroin, cocaine, acid, ecstasy and magic mushrooms)
- **B** (such as speed)
- **C** (such as marijuana)

Getting caught with any class of drug can lead to heavy fines or imprisonment and give you a criminal record. This can affect things like job applications and travelling abroad.

You can also be prosecuted for passing a drug on even if you aren't dealing to make a profit (for passing a joint around for example).

Lastly, be aware that using any illegal drug within college or university premises may have serious implications for continuing your course.

other ideas

Keep in mind that you don't need alcohol and other drugs to relax and be social. If you feel stressed see our suggestions on p xx.

want to know more about drugs?

If you want to know more about the short and long-term effects, dangers or legality of different drugs, the following website is helpful:

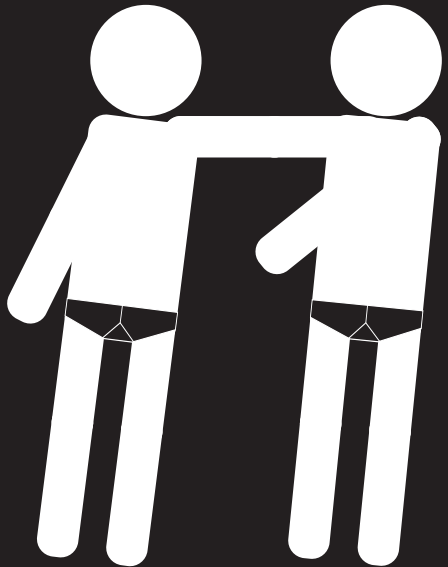
- Know the Score (see p xx)

worried about drug use?

If you think you might have a problem with drugs and you're looking for advice and support, contact Know the Score (see above) and they will direct you to an addiction team in your area. Support is confidential. You can also try:

- Alternatives (see p xx)

**information,
help and advice**



Ahead for Health

Good online resource for student mental health advice, information and self-help suggestions.

www.leeds.ac.uk/ahead4health

Alcoholics Anonymous

Advice and support for alcohol problems.

www.alcoholics-anonymous.org.uk

0845 769 7555 (24 hour helpline)

Alternatives

Advice and counselling for drug problems.

01389 750057

Archway

Support for people who have experienced rape or sexual assault plus forensic examinations, STI testing and counselling. (Only available if sexual assault occurred within past 7 days.) www.archwayglasgow.com

0141 211 8175

Ayrshire & Arran Sexual Health Dept.

Ayrshire & Arran has many clinics across Ayrshire, running 6 days a week. To find a clinic near you either phone or see website. www.shayr.com

01294 323 226

Breathing Space

Free helpline if you're in a low mood or depressed. (Tues-Fri: 6pm - 2am,
Sat-Mon: 6pm-6am)

0800 83 85 87

British Pregnancy Advisory Service (BPAS)

Information about pregnancy choices including abortion.
They have a centre in Glasgow.

www.bpas.org

0845 365 5050

Citizens Advice Bureau

Advice about things like money, benefits, housing, employment rights, immigration.

Glasgow: 0141 552 5556

Kilmarnock: 01563 544744

www.cas.org.uk

Copeline

Free and confidential listening, support and information helpline for people who are anxious, distressed or experiencing an emotional crisis.

0800 056 81 81

Drinkline Scotland

Free and confidential advice if you're worried about your drinking.

Free phone: 0800 7 314 314

Dunbarton Area Council on Alcohol

Advice and counselling available.

01389 731 456

Family Planning Association (Scotland)

Advice about contraception, pregnancy choices including abortion and sexually transmitted infections.

www.fpa.org.uk

Glasgow Addiction Services

If you have concerns about alcohol or other drug misuse they will direct you to a support service near you.

0141 276 6600

Glasgow Council on Alcohol

Advice and counselling available.

www.thegca.org.uk

0141 353 1800

Greater Easterhouse

Alcohol Awareness Project
Advice and counselling available.
0141 773 1222

Know the Score

Information and advice about drugs.
www.knowthescore.info
Helpline: 0800 587 5879

LGBT Youth

Confidential service for lesbian, gay, bi and transgender young people
www.lgbtyouth.org.uk/
Glasgow: 0141 548 8121
Helpline: 0845 113 0005 (Tues 7.30 - 9pm)

Listening Ear, The

A service to talk about emotional, mental or physical health worries.
0141 211 6700

Marie Stopes

Advice about pregnancy choices including abortion.

www.mariestopes.org.uk/uk

0845 300 8090

Money Matters Glasgow

Advice plus they have a guide to student finance online.

www.moneymattersweb.co.uk

0141 445 5221

Momentum: Catalyst Ayrshire Project

Support and counselling in Ayrshire for those with experience of drug or alcohol misuse.

01563 549 377

Moving On Project

Support in North Ayrshire for adult survivors of childhood sexual abuse and rape.

01294 466 901

Net Doctor

Good health, sex and relationships advice and information written by healthcare professionals.

www.netdoctor.co.uk/sex_relationships

Rape Crisis Centre

Free and confidential support and information.

Kilmarnock: 01563 541 769

Glasgow: 0141 552 3200

R U Thinking about it?

Sexual health information and advice.

www.ruthinking.co.uk

Free phone: 0800 28 29 30

Samaritans

24 hour support for emotional distress.

08457 90 90 90

Sandyford, The + Sandyford Hubs

Service(s) for sexual and reproductive health in Greater Glasgow and Clyde run by the NHS.

Counselling available.

Visit the website for details of local services

www.sandyford.org

0141 211 8130

Strathclyde Gay & Lesbian Switchboard

0141 847 0447 (7pm - 10pm)

Strathclyde Police

Headquarters: 0141 532 2000

Students Against Depression

Self-help strategies and real student stories.

www.studentdepression.org

Teenage Health Freak

Lots of information for young people: from spots to sex.

www.teenagehealthfreak.org

Terence Higgins Trust

HIV and AIDS prevention and support for people living with HIV and AIDS.

www.tht.org.uk/

0141 332 3838

Women's Aid

Support and accommodation for women and children who have experienced domestic abuse.

North Ayrshire 01294 602 424

East Ayrshire 01563 536 001

South Ayrshire 01294 266 482

Women's Support Project Glasgow

Confidential information and support for women who have experienced sexual abuse, harassment or assault and other violence.

www.womenssupportproject.co.uk

0141 552 2221

The inclusion of services in this directory does not in any way represent the endorsement of the NHS nor are we responsible for the content of external websites.