

# NEW TO LOTHIAN?

## Know who you can turn to for healthcare



### Turn to a GP – ensure you are registered

Call **0131 537 8488** to find a local GP.

### Unwell out of hours?

Call **NHS 24 on 111** when your GP is closed.

### Immunisations

Ensure you are up to date with all your immunisations.

Measles is circulating - make sure you are fully vaccinated against Measles, Mumps and Rubella (MMR). Visit Immunisation Scotland for further information at **[www.immunisationscotland.org.uk](http://www.immunisationscotland.org.uk)**

### Mental Health

Looking after your mental health is important while you are university. For help you can contact: Your accommodation warden team, university counselling or student support service or your GP.

### Other useful numbers are:

**Mental Health Assessment Service (MHAS)**  
on **0131 537 6000**

**Breathing Space helpline – 0800 838 587**

**The Samaritans helpline – 08457 909 090**

**Edinburgh Crisis Centre – 0808 801 0414**