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

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