

Useful Contacts

Workplace

- **HR Equality, Diversity and Inclusion**

Contact - Email: diversity@st-andrews.ac.uk Phone: 01334461649

The Old Burgh School
Abbey Walk
St Andrews
Fife
KY16 9LB

- **Donald McEwan** – Email: dgm21@st-andrews.ac.uk T: 01334 462865

The Chaplaincy Centre
Mansefield
University of St Andrews
3 St Mary's Place
St Andrews
Fife, KY16 9UY

- **Access to Work** –Get support in work if you have a disability or health condition.

Apply online- <https://www.gov.uk/access-to-work/apply>

Telephone: 0800 121 7479

NHS Health and Advice

- **NHS 111**- URGENT medical problems - <https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-111/>

- **Pipeland Medical Practice**

St Andrews Community Hospital
Largo Road
St Andrews
Fife, KY16 8AR
01334 476840

- **St Andrews Citizens Advice Bureau**- open Monday and Friday

Council Offices
St Mary's Place
St Andrews
KY16 9UY

Pharmacies

- **Local Pharmacies**

- Lloyds Pharmacy

St Andrews Community Hospital
Largo Road
St Andrews
KY16 8AR

- Boots The Chemist
113-119 Market Street
St Andrews
KY16 9PE
- Morrisons Pharmacy
45 Largo Road
St Andrews
KY16 8PJ

Support Groups

- **Maggie's**
Maggie's Fife, Hayfield Road, Victoria Hospital, Kirkcaldy, KY2 5AH
fife@maggies.org
01592 647997
- **Women's Aid**
Freephone - 24h Telephone support [0808 802 5555](tel:08088025555)
Email info@fifewomensaid.org.uk
- **National Domestic Abuse helpline** (for women and men) 0800 027 1234 or email info@scottishdomesticabusehelpline.org.uk - As the National Domestic Abuse Helpline for Scotland, this service offers information and support to anyone affected by abuse and works within national standards.
- **Fife Alcohol Support Service**
01592 206200
Email- enquiries@fassaction.org.uk
Fife Alcohol Support Service (FASS)
17 Tolbooth Street
Kirkcaldy
KY1 1RW

ADAPT -is the main drug and alcohol triage service in Fife
Call our Helpline on 01592 321321 to speak to one of our Support Workers
- **Diabetes**- Whether you're looking for diabetes information, or just someone to talk to [.www.diabetes.org.uk](http://www.diabetes.org.uk) are here to help.

- **National Rheumatoid Arthritis Society**-Service has been designed to work in tandem with our *Freephone Helpline* service so you're able to share experiences as well as receive the most up to date guidance about RA. www.nras.org.uk
- **Crohns and Colitis**-If your life is affected by Crohn's Disease or Ulcerative Colitis, www.crohnsandcolitis.org.uk is here to help you.
- **Asthma Org** -Working to stop asthma attacks and, ultimately, cure asthma by funding world leading research and scientists, campaigning for change and supporting people with asthma to reduce their risk of a potentially life threatening asthma attack. This web site has really useful information whether you have been newly diagnosed or have been managing your asthma for quite some time. . <https://www.asthma.org.uk/> Or call the helpline on [0300 222 5800](tel:03002225800)
- **The Macmillan Nurses**- Health and social care professionals who are there for people affected by cancer and their families. <https://www.macmillan.org.uk/>
- **Stop Smoking Website NHS**- <https://www.nhs.uk/live-well/quit-smoking/>
- **Sleep- The Good Sleep Guide**- <https://www.csp.org.uk/publications/good-sleep-guide>
- **Weight Loss -Slimming World**- <https://www.slimmingworld.co.uk/counties/fife/st-andrews>
- **Volunteering and helping in your community**- www.readyscotland.org
- **Careers of people with Dementia**- Helpline: 0808 808 3000
- **Autism Advice Line: Helpline: 01259 222022**

Mental Health Wellbeing

- **Andy's Man Club** - creators of the viral #ITSOKAYTOTALK movement. Every Monday at 7PM - St Andrews: 3a St Marys Place, St Andrews, KY16 9UY
- **St Andrews Men's Shed**- community spaces for men to connect, converse and create
Botanic Gardens, St Andrews KY16 8AL
Open on Tuesdays from 10am to 1pm.
Find one near you <https://menssheds.org.uk/find-a-shed/>
- **Time to Change**- Time to Change is a growing social movement working to change the way we all think and act about mental health problems.- www.time-to-change.org.uk
- **British Association for Counselling and Psychology** www.bacp.co.uk/search/Therapists3.

- **Rethink Mental Illness**-If you're severely affected by mental illness, through direct experience or as a carer, family member or loved one, we can help you. www.rethink.org⁵
- **Heads Together**- Changing the conversation on mental health www.headstogether.org.uk⁶.
- **Samaritans**- Samaritans works to make sure there's always someone there for anyone who needs someone. www.samaritans.org⁷.
- **Actions for Happiness**-Action for Happiness helps people take action for a happier and kinder world www.actionforhappiness.org⁸.
- **Mind**- Providing advice and support to empower anyone experiencing a mental health problem.- www.mind.org.uk⁹.
- **Together**-Offering a wide variety of support to help people deal with the personal and practical impacts of mental health issues www.together-uk.org¹⁰.
- **Mental Health Foundation**- Prevention is at the heart of our work in mental health. www.mentalhealth-uk.org
- **MoodCafe**-Collated information and resources relevant to various common psychological problems. If the mood takes you, why not check out these resources, browse the self-help guides and visit recommended websites. www.moodcafe.co.uk
- **Choose Life**- Suicide prevention programme in Scotland. www.chooselife.net/ask
- **Breathing Space**-Sometimes our thoughts and feelings can overwhelm us. It helps to get some Breathing Space. <https://breathingspace.scot/>
- **Silvercloud**- SilverCloud offers secure, immediate access to online CBT (cognitive behavioural therapy) programmes, tailored to your specific needs. <https://st-andrews.silvercloudhealth.com/signup/standrews/>

Helpful Apps

All apps can be found through app store on android or apple.

- **Headspace**- A guide to health and happiness. It's the simple way to let go of stress and get better
- **SAM** -will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection
- **Calm App**- An app that is a mix of Cognitive Behavioural therapy and Mindfulness
- **Calm Harm App**- An app that helps to resist or manage the urge to self-harm