

# Useful Contacts at QMU

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## *Edinburgh Nightline*

0131 557 4444  
www.ednightline.com

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Edinburgh Nightline is a confidential support and information service, run by students, for students. We are anonymous, we don't judge, and we're here to listen. You can talk to us about anything. We're open every night of term from 8pm to 8am. For more specific resources, see the database on our website.

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## *Wellbeing Service*

wellbeing@qmu.ac.uk

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The Wellbeing Service at QMU offers support for your mental, emotional and physical wellbeing and facilities to help build up resilience and healthy living to support you on your journey through University. They can offer advice on help and support for mental health issues.

Reach out to them at a drop in session or by email. Drop in times:

Monday and Wednesday 09.30am -11.15am

Tuesday and Thursday 13.15pm- 16.30pm

Friday 14.15pm-16.30pm

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## *Counselling Service*

Follow the link to submit online  
referral form.

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The Counselling Service at QMU offers short-term counselling- normally up to four sessions- to help with any personal problems which might be affecting your academic work or your general health and wellbeing.

Contact them here: <https://www.qmu.ac.uk/study-here/student-services/counselling-service/> by submitting the online referral form.

You can call or email Sarah Carlile with questions: at 0131 474 0000 or  
counselling@qmu.ac.uk.