



WELLCOMM'S GUIDE TO:

SELF CARE

 @WellCommKings

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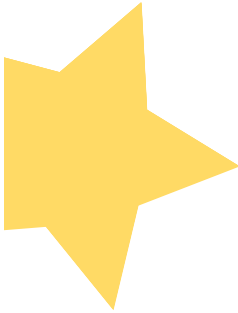

wellcommkings@gmail.com

The Chaplaincy (at Potterrow **and** Mary Brück) offers a Listening Service for anyone and everyone, off all faiths and none, for which you do not need an appointment. If you have a diagnosed mental health condition you may be eligible for the Mental Health Mentors - talk to the Student Disability Service about the application for this.

COMMUNITY SPACES

- ★ We will be holding weekly Speakeasies at King's - check our Facebook for details
 - ★ Check out some of the societies - EUSA's website has all of them
 - ★ The Salisbury Centre
 - ★ Beetroot Sauvage
 - ★ Grassmarket Community Project
 - ★ Mental Health Information Station - Walpole Hall
 - ★ LGBT Health and Wellbeing Centre
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EXERCISE

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- ★ We will be meeting for regular walks around Edinburgh - Check out our Facebook for details
 - ★ Sports Societies- check EUSU's website
 - ★ Yoga - The Chaplaincy at King's holds regular sessions
 - ★ Pleasance Gym - offers a reduced membership for students
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GREEN SPACES

- ★ Arthur's seat
- ★ The Meadows
- ★ Dunbar's Close
- ★ The Royal Botanic Garden
- ★ Blackford Hill
- ★ Dean's village
- ★ Dr Neil's Yard
- ★ Calton Hill
- ★ Prince's Street Gardens
- ★ Himalaya Cafe Garden

APPS & WEBSITES

Apps

- ★ Feeling Good App - User name: eduni1 Password: positive
- ★ Headspace
- ★ Reflectly
- ★ Mindshift

Further resources can be found at edspace.org.uk

Websites

- ★ Big White Wall
- ★ Edspace
- ★ Elefriends
- ★ Penumbra
- ★ Living Life to the Full
- ★ Beat Transitions Support

CRISIS CARE



If you feel things are becoming too hard to manage on your own you should go to your GP and seek professional help

You can also talk to your PT who should be able to signpost you to resources

The University Counselling Service, the Student Disability Service, and EUSA's Advice place are good places to seek help

Subsidised Counselling:

- ★ PF Counselling
- ★ Contact Counselling
- ★ LGBT Health and Wellbeing Counselling Service
- ★ Health All Round



☎ Phone numbers:

- ★ Samaritans - 116 123 (24 hours a day, free to call)
- ★ Breathing Space - 0800 83 85 87
- ★ Nightline - 0131 557 4444 (20:00 - 8:00)
- ★ Saneline - 0300 304 7000 (4:30pm-10:30pm)
- ★ The Mix - 0808 808 4994 (11am-11pm, free to call)
- ★ University Security 24/7 number - 0131 650 2257
- ★ Edinburgh Crisis Centre - 0808 801 0414

