How to look after your health at University
Looking after your health

Do take regular exercise.

Eat a healthy, balanced diet - it does not have to be expensive

Be aware of the advice on alcohol consumption

If you smoke, the NHS can help you give up.

Practise safe sex.

The best way to minimise your risk from drugs is not to use them.

Make sure you register with a General Practitioner in Aberdeen
Looking after your health

Managing the demands of your course:
plan ahead; get support; be organised.
Learn how to de-stress:
relaxation; physical activity; enough sleep; extra support.
Coping with the student lifestyle:
social activities; food and drink; living with other students; loneliness;
contact with family and friends.
Looking after your health

Aberdeen Sports Village and Aquatics Centre

Aberdeen University Advice
Where to get help
University of Aberdeen Student Support

Advice and Support Office
- Student Support Advisers
- International Student Advisers
- Disability advisers

Childcare

Counselling Service and Mental Health Adviser

Students 4 Students

Study support – Student Learning service

Understanding the NHS
University of Aberdeen Student Support

Chaplaincy
Nightline
Accommodation
Clued-Up
Careers and Employment
AUSA Student Advice Centre
SafeZone app
Where to get help - NHS

NHS Choices Getting Medical Care as a Student

General Practitioner

Pharmacist

Dentist

Optician

Emergency Care

Understanding the NHS
Medical Treatment

All students on a full-time course of studies in Scotland are eligible for National Health Service (NHS) treatment.

This includes international students and any dependants with you in the UK.

NHS treatment is provided to UK and EU/EEA Swiss nationals for free however, you may have to pay for dentistry and some more specialised services.

Since 6 April 2015, international students who come to the UK for more than 6 months must pay an immigration health surcharge when making their visa application. This charge will allow international students equal access to the NHS as UK and EU nationals.
GP Practice  
Practitioner Services Division 01224 358400

Hillhead/Crombie/Johnstone/Elphinstone/Spital
Old Aberdeen Medical Practice,
12 Sunnybank Road,
Aberdeen, AB24 3NG
Tel: 01224 486702

Causeway View/ Powis Place
Calsayseat Medical Group,
44 Powis Place, AB25 3TX
Tel: 0345 337 6370

Don Street/Trinity Court/King Street Exchange
Old Machar Medical Practice
526-528 King St, AB24 5RS
Tel: 0345 337 0510

King Street Old Fire Station/Trinity Court/
Spring Garden/Mealmarket
Exchange/Woolmanhill, Rosemount Hall
Denburn Medical Practice
Rosemount Viaduct, AB25 1QB
01224 643333
Registering with a General Practitioner

To register go to a local GP surgery and speak to reception staff.

You must live within the practice area covered by the practice and you will require:

• **Student Card (all students)**
• **Proof of identity e.g. passport (all students)**
• **Proof of address in Aberdeen (all students)**
• **Students from Europe please bring your European Health Insurance Card (EHIC)**
• **International Students and their dependants will also need to show their visa**

If you are already registered with a doctor in the UK you will need the name and full address of the GP practice. If you have a current medical card bring that with you.
Registering with a General Practitioner

Bring prescribed medication
• The GP surgery will not have access to your previous medical history and so if you have an ongoing medical condition you should bring details of that condition with you.
• If you are on prescribed medication then not all drugs are available in the UK and some are only prescribed at hospital level.
• You are advised to bring at least 3 month’s supply of medication with you to ensure that you have a constant supply and do not run out.

Also bring a note of your immunisations.
Emergency Care
NHS24
Telephone Number 111

NHS 24 is an online and out-of-hours phone service providing the public with access to health advice and information 24 hours a day, 365 days a year.

NHS 24 operates an out-of-hours phone service providing help if your GP surgery is closed and you are too ill to wait until it re-opens.
During the call you will be asked about your location and your reason for contacting the service.

This will be used to direct your call to a suitable health professional, such as a nurse, pharmacist or dental nurse.

They will talk to you about your symptoms and tell you what care they think you need.

They might suggest that you treat yourself at home, that you see a doctor or another health professional or, in some cases, they might call an ambulance for you.
Emergency Care

Life threatening? Phone 999 ask for ambulance

Not sure?  
Self-Help Guides

NHS Grampian Emergency Department – Aberdeen Royal Infirmary  
www.nhsgrampian.co.uk
NHS Grampian Sexual Health Service

Grampian Sexual Health Services
@The Aberdeen Community Health and Care Village

Grampian Sexual Health, Aberdeen Community Health & Care Village, 50 Frederick Street, Aberdeen. Call 0345 337 9900 for an appointment or more information.
It is recommended that you continue to have your teeth checked on a regular basis while you are at University. Try to register as an NHS patient as it is much more cost effective than paying for private treatment. There may be a waiting list. The Dental Information and Advice Line (DIAL) provides information and advice about accessing NHS dental treatment in Grampian.

DIAL 0845 45 65 990 between 8.05am to 6pm Monday to Friday.

If you have an urgent dental problem outside DIAL hours, contact NHS 24 on 08454 24 24 24.
Pharmacist

A pharmacist prepares, dispenses and gives help and advice about medicine. They normally work in shops called a pharmacy (or chemist) but some can work in hospitals.

They can also give advice about treating **minor illness and injuries**.

When to turn to your pharmacist

- coughs and colds
- sore throat
- indigestion
- diarrhoea or constipation
- aches and pains
- help when you run out of your repeat medicine.
Pharmacist

Your pharmacist can help by:
• dispensing prescriptions and organising a repeat supply if you run out
• selling you over-the-counter medicines for minor injuries or illness
• giving advice about your health and medicines
• supplying emergency contraception.
You can make an emergency appointment with an optician (also known as an optometrist).

These appointments are provided free by the NHS and will ensure you receive the right specialist care as soon as possible.

Opticians (optometrists) have the same specialist equipment as specialist eye doctors (hospital ophthalmologists) and may be able to treat and manage your eye problem without a need for you to go anywhere else.

They can also refer you to the hospital eye clinic if necessary.

To make an emergency appointment, telephone your optician/optometrist or contact NHS24 on 111.
Feeling Stressed?

Mindfulness

• "The Headspace app gives you 10 days free introduction to mindfulness.

• There is also a Headspace blog

• "Mindfulness, a practical guide to finding peace in a frantic world" by Professor Mark Williams and Dr Danny Penman. This is an eight week mindfulness programme with an audio cd which talks you through a series of meditations.
Feeling Stressed?

Problems Sleeping
‘Insomnia’ helps you to understand sleep problems and gives examples of the many things you can do to help yourself.

Self Harm
Many young people harm themselves in different ways for different reasons, there are a number of resources available online which can help. Harmless is a website called which is devoted to helping people who self harm, with purchasable resources.

Anxiety
Through NHS 24 you can access a service called Living Life, this offers telephone Cognitive Behaviour Therapy by calling the number on the web site.

The Samaritans If there's something troubling you, the Samaritans are there 24 hours a day, 365 days a year. The UK helpline number is 116 123 and is FREE to call.
Feeling Stressed?

Big White Wall is a safe online community of people who are anxious, down or not coping who support and help each other by sharing what’s troubling them, guided by trained professionals. It is available 24/7 and is completely anonymous so you can express yourself freely and openly. Professionally trained Wall Guides ensure the safety and anonymity of all members.

Student Minds is the UK’s student mental health charity. The resources area contains detailed information about understanding different mental health difficulties, supporting a friend with mental health difficulties, and looking after your wellbeing at university, with tips and ideas on dealing with the different challenges that university life can bring.

Mind is a mental health charity which provides advice and support to empower anyone experiencing a mental health problem.
Eating disorders are characterised by an abnormal attitude towards food that causes someone to change their eating habits and behaviour. Beat is the UK's eating disorder charity, which provides information and support.

Sexual Violence
Rape Crisis Scotland provides a national rape crisis helpline and email support for anyone affected by sexual violence, no matter when or how it happened.
Any questions? Make sure you **register** with a GP in Aberdeen