



THE UNIVERSITY  
of EDINBURGH

## Equally Safe: Emotional Safety

In the aftermath of a distressing or traumatic experience, we can be left with unwanted memories and challenging emotions. This can be difficult to manage while also balancing school, work, and everyday life.

Traumatic experiences can affect people in different ways. Sometimes, it might make you hyper-vigilant, constantly on edge and alert to danger; other times, it can make you feel overwhelmed, withdrawn, or unmotivated.

An Equally Safe adviser [Equally Safe | The University of Edinburgh](#) will be able to offer some emotional support, and connect you with other services that can provide practical and specialist wellbeing support.

The University also offers practical and helpful support such as extensions and exceptional circumstances [Exceptional Circumstances Service | Registry Services | Student Administration](#).

The University offers dedicated support for your wellbeing: [Student Counselling | Student Counselling](#); [Student Wellbeing Service | Student Wellbeing Service](#) or the Listening service [Multi-Faith and Belief Chaplaincy, For All Faiths and None | Chaplaincy](#). You can also reach out to your GP for additional support.

If you prefer self-directed support in handling how your experiences affect you, the University's Counselling service has a range of resources: [Self Help | Student Counselling | Student Counselling](#)

### Other sources of mental health support

Samaritans: emotional support available 24/7, no matter what is on your mind and troubling you. Freephone: 116 123

[Edinburgh Crisis Centre • Are you experiencing a mental health crisis?](#) Text: 07974 429 075; Free phone: 0808 801 0414

### Mental health crisis

**If you or someone is in immediate danger, call 999.** If the crisis is not life-threatening, call NHS 24 on their 24-hour phoneline 111.

Further information: [Emergency student support \(out-of-hours\) | University contacts | The University of Edinburgh](#)