



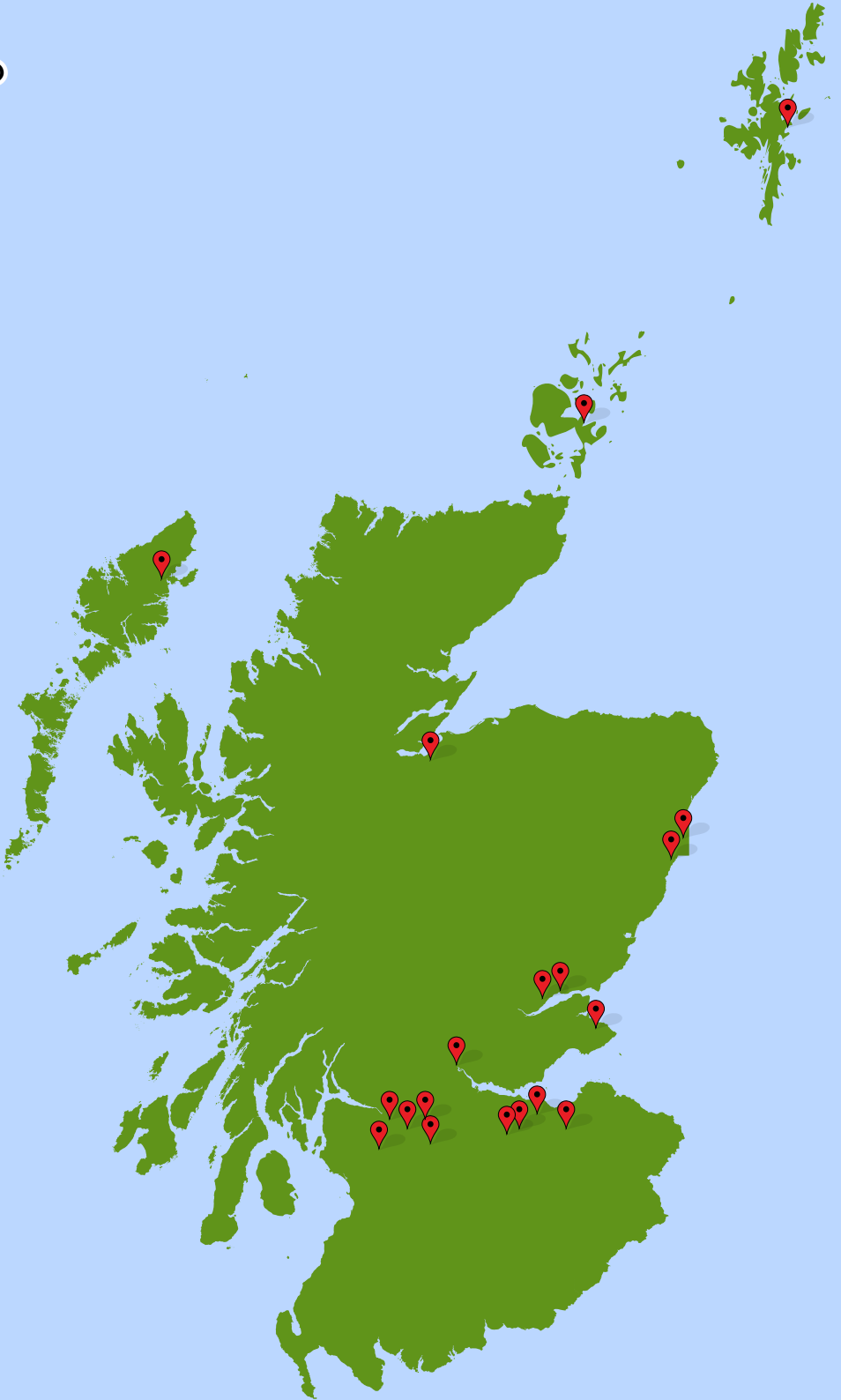
**BEE** **BOLD  
EQUAL  
EMPOWERED**



# Helpful guide for University



**Mental health  
Safety  
Spiking**

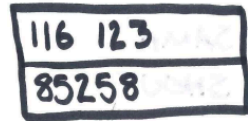




# MENTAL HEALTH



YOU CAN  
TALK TO  
SOMEONE



## Contents

5 - Support for Mental Health

6 - 24/7 contacts





# Support for Mental Health

University of Aberdeen

Abertay University

University of Dundee

University of Edinburgh

Edinburgh Napier

University of Glasgow

Glasgow Caledonian University

Glasgow School of Art

Heriot Watt University

UHI - University of the Highlands and Islands

The Open University

Queen Margaret University

Robert Gordon University

Royal Conservatoire of Scotland

University of St Andrews

University of Stirling

University of Strathclyde

University of the West of Scotland



A purple-bordered card with four red binder clips at the corners. The text is centered and reads:

Samaritans  
**116 123**

Shout  
**Text: 85258**

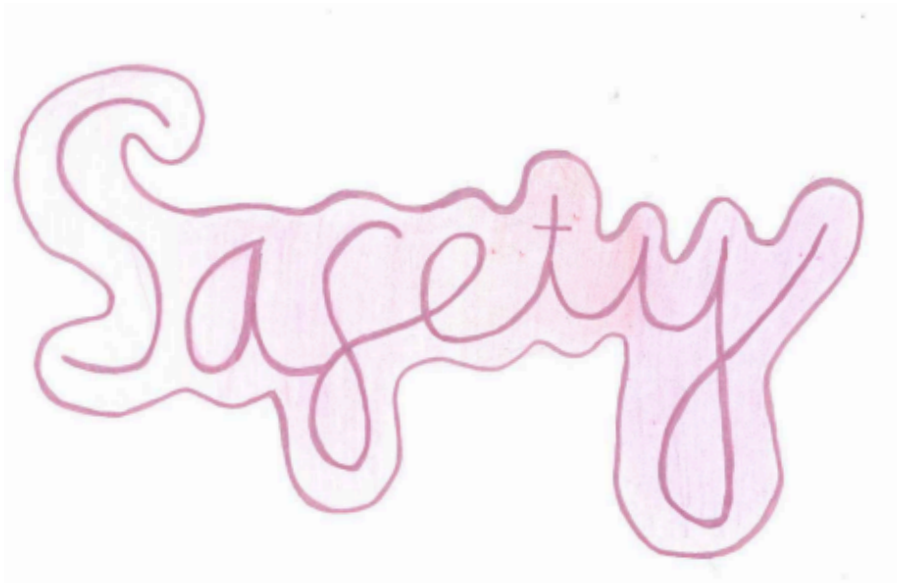
A purple-bordered card with four red binder clips at the corners. The text is centered and reads:

Emergency  
**999**  
NHS24  
**111**

Childline  
**0800 1111**

Hopeline247  
**0800 068 41 41**

Mental Health services and information  
from NHS



## Contents

8 - Safe Taxi Schemes

9 - Walking Home

10 - The Compass Centre Campaign

11 - Contacts





# Safe Taxi Schemes



Aberdeen	<u>Rainbow City Taxi's</u>	01224 878 878
Abertay	<u>Tele Taxi's</u>	01382 825 825
Dundee	<u>City Taxi's</u>	01382 20 40 60
Edinburgh	<u>Central Taxi's</u>	0131 229 24 68
Glasgow	<u>Glasgow Taxi's</u>	0141 429 66 66
Stirling	<u>Stirling Taxi's</u>	01786 34 34 34

## What are safe taxis?

Universities have partnered with local taxi companies to ensure that students can get to a safe place if they don't have the funds. This can help prevent students walking home alone after a night out.

## What you need?

Student ID / Student number

Once you have called the taxi and it arrives you need to show them your student ID.

If you have lost your ID, you can show them your student number from a photo/email.

The taxi company will send a bill to your university. You will need to pay your university back at a later date.

## Important things to note

- Charge your phone before you go out.
- Don't wait for your taxi alone, if you have to, wait in a safe area, well lit, near a bar/club with staff.



# Walking Home

If you choose to walk home on a night out, there are a few precautions you can take:

- Walk in a group with friends.
- Carry a personal alarm.
- Check in with friends once home.
- Call someone you trust while walking.
- Call StrutSafe while walking.
- Use the Safe Zone App.



## Strut Safe

Fri & Sat: 7pm-3am, Sun: 7pm-1am

**0333 335 0026**

if you're walking alone at night and want someone to talk to and make you feel safe.



## Safe Zone App

A free app to allows you to quickly share your location.

If you are a student on one of the listed campuses, you can share your location with campus security.

**Aberdeen**

**Edinburgh Napier**

**University of Glasgow**

**Heriot Watt**

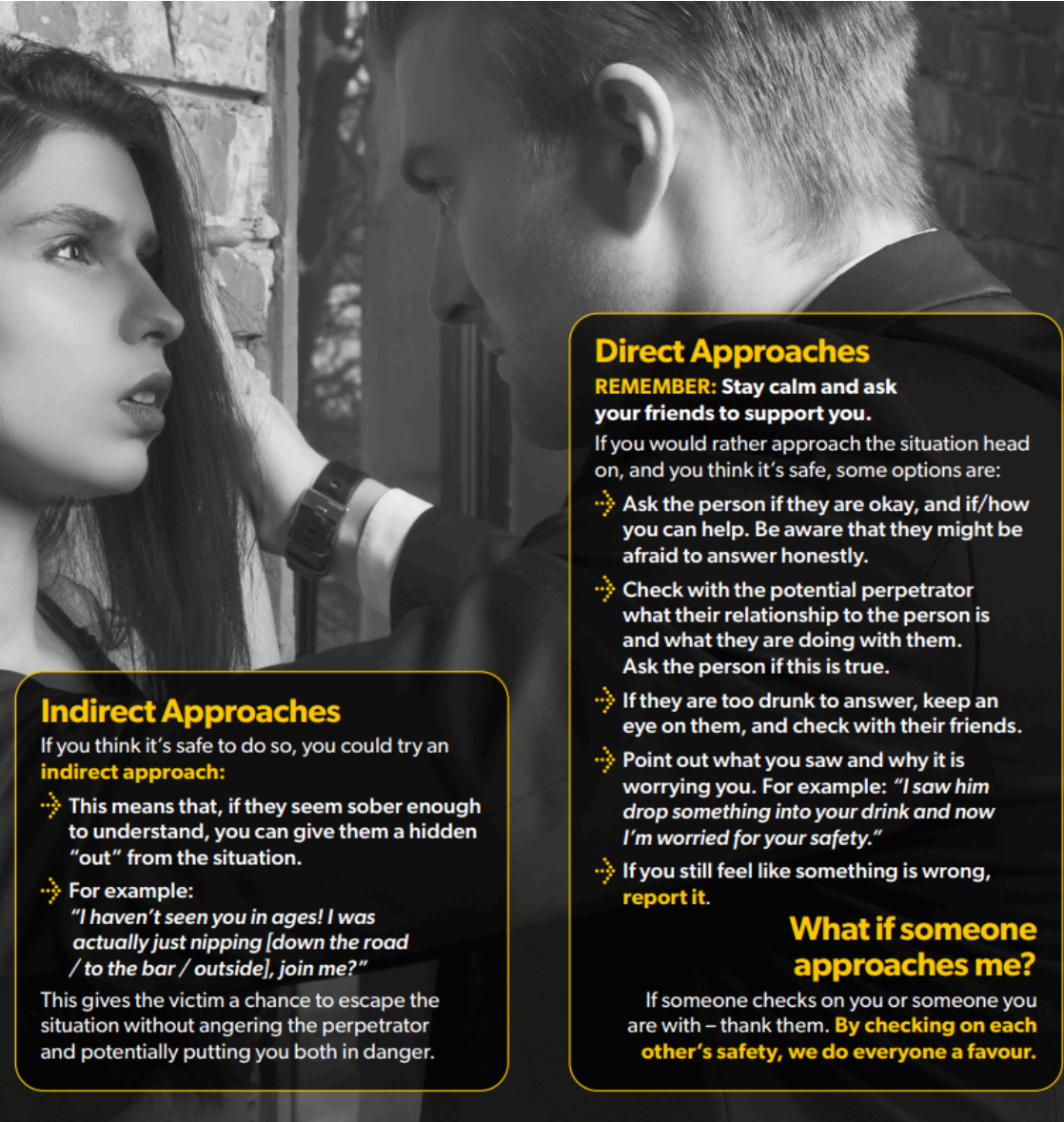
**University of Stirling**





# Campaign

## What to do if you think someone is in danger on a night out.



### Indirect Approaches

If you think it's safe to do so, you could try an **indirect approach**:

- This means that, if they seem sober enough to understand, you can give them a hidden "out" from the situation.
- For example:  
*"I haven't seen you in ages! I was actually just nipping [down the road / to the bar / outside], join me?"*

This gives the victim a chance to escape the situation without angering the perpetrator and potentially putting you both in danger.

### Direct Approaches

**REMEMBER:** Stay calm and ask your friends to support you.

If you would rather approach the situation head on, and you think it's safe, some options are:

- Ask the person if they are okay, and if/how you can help. Be aware that they might be afraid to answer honestly.
- Check with the potential perpetrator what their relationship to the person is and what they are doing with them. Ask the person if this is true.
- If they are too drunk to answer, keep an eye on them, and check with their friends.
- Point out what you saw and why it is worrying you. For example: *"I saw him drop something into your drink and now I'm worried for your safety."*
- If you still feel like something is wrong, **report it.**

### What if someone approaches me?

If someone checks on you or someone you are with – thank them. **By checking on each other's safety, we do everyone a favour.**

**Check out the Compass Centre's Campaign!**



# Contacts



Strut Safe

**0333 335 0026**

Speak to a  
member of staff  
“Ask for Angela”  
Ask for an “Angel  
Shot”

Scottish Domestic  
Abuse and Forced  
Marriage Helpline

**0800 027 1234**

Emergency:

**999**

NHS24:

**111**

Rape Crisis  
Scotland Helpline

**08088 01 03 02**

SARCS

**0800 148 88 88**

*\*Please check each individual website for  
opening times and further information\**



# Spiking



## Contents

- 13** - What is Spiking?
- 14** - How to tell if someone has been spiked
- 15** - How to tell if you have been spiked
- 16** - How to tell someone - "I have been spiked"
- 17** - What to do if someone else has been spiked
- 18** - Reporting





# What is spiking?

Spiking is the term used of giving someone alcohol or drugs without their consent or knowledge. This could be through placing something in their drink or via injection.

Spiking is Illegal and no one should have to be wary on a night out but this guide is to help anyone who would like to know more information or take precautions.

If you get spiked, it is never your fault.

## Common forms of spiking

- **Drink Spiking** - Adding drugs or alcohol to drinks.
- **Needle Spiking** - Injecting drugs via a needle into someone.

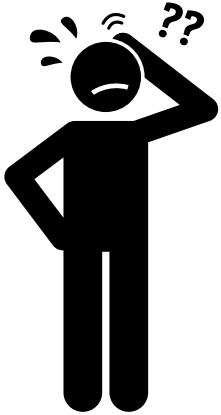


# How to tell if someone has been spiked

It can often be hard to tell if someone has been spiked but there are some things that you can look out for.

When a drink has been spiked it can:

- look more foggy/cloudy.
- ice sinks when it normally floats.
- change to taste/smell/fizz.



Symptoms of being spiked include:

- confusion.
- nausea/vomiting.
- disorientation/poor coordination.
- unable to communicate.
- unconsciousness.

If you are unsure if someone has been spiked, there is no harm in telling someone and getting medical help.



## How to tell if you have been spiked

It can often be hard to tell if you have been spiked, but there are some things that you can look out for.

You may feel:

- confused.
- sick/start vomiting.
- unbalanced/unsteady.
- unable to talk to others.
- feeling sleepy/drowsy.



Sometimes these symptoms can feel similar to being drunk, however, if you are worried at all, there is no harm in telling your friends/a member of staff that you think you have been spiked.



While you shouldn't have to take precautions, there are sometimes options available, such as:

- drink covers
- straw covers
- spiking test strips

Ask your local bar/club/university campus if they have anti-spiking resources.



# How to tell someone - “I have been spiked”

It can feel difficult to tell someone that you’ve been spiked out of fear of not being listened to or believed.

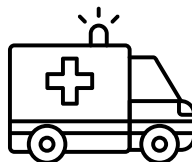
What you can do:

- Tell your friends
- Tell a member of staff or security
- Ask someone you trust to take you home
- Ask someone you trust to take you to hospital
- Ask someone to stay with you until you feel better



If you feel like you are not being listened to you can:

- Repeat that this is not normal for you
- Tell another member of staff
- Ask the staff to contact an ambulance
- Phone 999 in an emergency





# What to do if someone else has been spiked

What you can do:

- Tell a member of staff or security
- Phone 999 in an emergency
- Stay with the person until they feel better
- Contact someone to come and collect the person
- Let someone know that there are helplines available and they can report if they would like to.



## What can businesses do?

- Training for staff
- Provide anti-spiking resources
- Listen and believe reports of spiking
- Enforce a no spiking policy







## **Police - 999 or 101.**

If you think you've been spiked and would like to report to the police. Please note that some drugs can leave your system within 12 hours, so testing needs to be done quickly.

## **SARCS - 0800 148 88 88**

If you have been sexually assaulted or raped you can call the NHS Scotland sexual assault self-referral phone service (SARCS). They can provide support and collect evidence without reporting to the police.





# Reporting



Rape Crisis  
Scotland Helpline

**08088 01 03 02**



Victim Support  
Scotland  
**0800 160 1985**



Scottish Domestic  
Abuse and Forced  
Marriage Helpline

**0800 027 1234**

Crew 2000

Text:  
**07860047501**



Scottish  
Women's Rights  
Centre

**08088 010 789**

*\*Please check each individual website for opening times and further information\**



This booklet was compiled by:



All rights reserved. No part of this booklet may be reproduced or distributed in any form without prior written permission from the author, with the exception of non-commercial uses permitted by copyright law.

We believe in sharing good practice as part of working together towards a world free from sexual violence. If you are also working to this cause and would like to adapt or reference this resource, please contact us to discuss credits.

If you have any questions or queries, please contact:  
**[contact@compasscentre.org](mailto:contact@compasscentre.org)**





We are a young activist group at The Compass Centre in Shetland. We meet twice a month to discuss issues that we think are important in Shetland, Scotland and around the globe. A guide was one of the issue that we highlighted and wanted to produce for young people leaving Shetland.