



Mermaids at the Fringe
WELLBEING CONTACTS



This document includes a list of important and helpful contact details to familiarise yourself with ahead of rehearsals and the Fringe. Whatever is going on, you are never alone and there is always someone to talk to. The people who are here to help you in any and all situations include the Fringe Representative, union sabbatical officers and staff, St Andrews student services, as well as non-St Andrews support contacts.

In case of an emergency, always call 999

REHEARSALS IN ST ANDREWS

Non-emergency Incident Support*

- **St Andrews Security and Response** - Contact if you have any concerns or require to report a security incident or crime of any type, or if you wish to be connected to a member of Student Services outwith normal business hours.
 - Phone: +44 1334 468999
 - Email: security@st-andrews.ac.uk
- **111 Medical Helpline** - Call 111 in non-critical situations for health advice

**If any security or health and safety incident occurs at any time during rehearsals or at the Fringe, please always inform the Fringe representative of the situation after calling for support.*

Wellbeing Support

- **Fringe Representative** - Can support with any logistical or creative concerns, and is Mermaids' on-site wellbeing point of contact.
 - Phone:
 - Email: mermaidsfringe@st-andrews.ac.uk
- **Student Services** - Can provide appointments to discuss and support you through any wellbeing concerns.
 - Phone: 01334 462020
 - Email: theASC@st-andrews.ac.uk
 - Worried about someone else? Fill out this anonymous form to flag a wellbeing concern for a peer you think may be in need of support:
<https://forms.office.com/pages/responsepage.aspx?id=yyZW-KgN00mqWGTvZ47wGoC3285HueVGhIaCd2B3LXBUNzhORzRIQ0xUVzkyYjgwRVVTNVc4MEhPOS4u>
- **Breathing Space Scotland** - Free non-judgemental external listening service open 6pm-2am Monday - Thursday, and 6pm-6am Friday-Monday
 - Phone: 0800 83 85 87
 - Webchat: <https://www.breathingspace.scot/how-we-can-help/need-to-talk/>
- **Samaritans** - Free non-judgemental external listening service, operating 24/7. You can call in to talk about anything, but Samaritans also a specialised suicide prevention listening service.
 - Phone: 116 123
 - Email: jo@samaritans.org
- **Director of Wellbeing and Equality (DoWell)** - Contact the Union's DoWell if you want to make the sabbatical team aware of any wellbeing concerns you are having with your experience during rehearsals or at the Fringe. The DoWell will also be able to help you with further signposting if needed.
 - Email: DoWell@st-andrews.ac.uk

PERFORMING AT THE FRINGE

Non-emergency Incident Support*

- **111 Medical Helpline** - Call 111 in non-critical situations for health advice

**If any security or health and safety incident occurs at any time during rehearsals or at the Fringe, please always inform the Fringe representative of the situation after calling for support.*

Feeling Unsafe?

- **Samaritans** - If you are walking home at night and are feeling unsafe, Samaritans are there to call and one of their volunteers will keep you company whilst walking home.*
 - Phone: 116 123

**If possible, please avoid walking alone around Edinburgh at night. Always travel in pairs or in a group if you are out late. If you ever find yourself believing you are in danger, call 999 immediately.*

Mermaids Wellbeing Support

- **Fringe Representative** - Can support with any logistical or creative concerns, and is Mermaids' on-site wellbeing point of contact.
 - Phone:
 - Email: mermaidsfringe@st-andrews.ac.uk

External Wellbeing Support in Edinburgh

- **Fringe Society Contact** - The Edinburgh Fringe Society is available for confidential support and guidance for all artists and crew throughout the festival.
 - Phone: +44 (0)131 226 0026 (option 4)
 - Email: artists@edfringe.com
 - Website: <https://www.edfringe.com/>
- **Fringe Central** - The Fringe Central, as the hub of the Edinburgh Fringe, partners with the mental health charity Health in Mind, to offer mental health and wellbeing support at the Fringe central. Their services include bookable, one-hour, person-centred support sessions which are tailored to your needs, providing an opportunity to explore any difficulties you might be having while performing at the Fringe.
 - Book a session or get in touch at: fringe@health-in-mind.org.uk
- **Theatre Helpline** - The Theatre Helpline is a free, independent and confidential phone and email service that provides support to people working in the theatre industry. Trained staff are available to offer support and signposting on any topic which affects your wellbeing in relation to your production.
 - Phone: 0800 915 4617
 - Email: advice@theatrehelpline.org
- **Breathing Space Scotland** - Free non-judgemental external listening service open 6pm-2am Monday - Thursday, and 6pm-6am Friday-Monday
 - Phone: 0800 83 85 87
 - Webchat: <https://www.breathingspace.scot/how-we-can-help/need-to-talk/>
- **Samaritans** - Free non-judgemental external listening service, operating 24/7. You can call in to talk about anything, but Samaritans also a specialised suicide prevention listening service.
 - Phone: 116 123
 - Email: jo@samaritans.org

Accessibility Support

- **Accessibility for artists** - if you have access requirements or concerns regarding accessibility, get in touch with accessibility support and they'll be happy to help.
 - Email: artists@edfringe.com