

## Information for International Students

# Healthcare in the UK

Once you have arrived in the UK and have enrolled on your course, one of the first things you will need to do is register with a doctor. The Students' Association staff can help you with the process by providing you with a letter to confirm your status as a student.

### Follow this procedure to register with a doctor:

- Find your nearest GP (General Practitioner) Practice. This will be run by the National Health Service (NHS). Private practices are available, where fees will be charged
- Register with the practice
- Request a student status letter from Students' Association office, Riverside Campus. You can either come into the office or email [internationalcogc@gmail.com](mailto:internationalcogc@gmail.com)
- Please note that letters can take up to 2 working days to be printed
- Take the student status letter to your local GP when you attend your appointment

### Students on Full-Time Courses

If you are a full-time student at the college, you will qualify for free NHS hospital treatment. This is available from the start date stated on your visa until approximately one month after your course ends. However, if you have paid the Immigration Health Surcharge (IHS) then your entitlement to free healthcare will continue until the end of your stay.

Your spouse or civil partner (not applicable to unmarried partners) and children with you in the UK will also be entitled to free NHS hospital treatment. 'Children' in this context means 16 years old or under, or under 19 if they are in full-time education.

Further information on the Immigration Health Surcharge can be found here: <https://www.gov.uk/healthcare-immigration-application>

### Students on a Short Term Course

If you are in the UK and you are not a full-time student, you should take out private medical insurance (unless you have paid the immigration health surcharge). This matter would be your responsibility to oversee, and would not affect your visa status.

### Free Treatment Available

Some treatment provided by the National Health Service (NHS) is free for everyone:

- Presenting at A&E (but not follow-up treatment, or admission to hospital as an in-patient)
- Family planning services (sometimes referenced under 'sexual health')



- Diagnosis and treatment of sexually transmitted infections and infectious disease
- Treatment of conditions caused by torture, female genital mutilation, domestic or sexual violence (provided you did not come to the UK for the purpose of seeking such treatment)
- Compulsory psychiatric treatment or treatment that has been issued by court order
- Treatment in prison or immigration detention

## How to Access Healthcare in the UK

The procedure for accessing healthcare is as follows:

In case of a **medical emergency**, call the emergency services on **999** and request an ambulance, or visit your nearest Accident and Emergency department at a hospital.

For **non-emergencies**, contact your local GP practice and request an appointment to be seen by a doctor (appointments can last from 7 minutes to 30 mins dependant on your needs). Please note that depending on the availability of the practice, it can take several days to be seen by a GP.

If you are seeking **medical advice**, call the NHS Helpline on **111**.

If you have been issued a **prescription**, you can usually pick it up from the surgery, the hospital where you were seen, or your local pharmacy (opening times vary depending on branch).

Separate services within local communities can assist with alcohol dependency, smoking cessation and prevention, and issues related to sexual health.

## How can the College support your health and wellbeing?

There are many services within the College that support your health and wellbeing. Please check out <https://www.cityofglasgowcollege.ac.uk/studying-city/student-support> for more information.

## Keeping on Top of your Health and Wellbeing

There are a number of services around Glasgow and in the UK which can help you manage your own health and wellbeing. Here are a few examples listed below:

SAMH: <https://www.samh.org.uk/>

Breathing Space: <http://breathingspace.scot/>

Ash Scotland (smoking cessation and prevention): <https://www.ashscotland.org.uk/>

Glasgow Council on Alcohol and Drugs: <https://www.glasgowcouncilonalcohol.org/>

NHS Greater Glasgow and Clyde: <http://www.nhsoggc.org.uk/>

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