



Partying a bit too hard lately?

**Worried about your spending?**

Missed some lectures and  
starting to panic?

**Think your drinking might  
be getting a bit out of hand?**

Not sure if you can catch up now?



## **Come to Student Welfare Services**

We can try to help sort out your problems and get you back on track with your studies.

We have information on alcohol, managing your money and getting out of debt.

**check out**

[ [www.hw.ac.uk/welfare](http://www.hw.ac.uk/welfare)  
[www.infoscotland.com/alcohol](http://www.infoscotland.com/alcohol)

**Don't worry – you are not alone. Lots of students have these worries. Don't leave it too late!**