

Happy ST PATRICK'S DAY

We know you want to celebrate in style, but sometimes it doesn't go quite to plan. Follow these simple tips and you are more likely to have a celebration you will never forget, for all the right reasons.

JOIN THE PARTY

Why risk having a house party, when you can join one of Belfast's official St Patrick's Day events? They are free, safe and you never know who you might meet.



THINK OF YOUR FUTURE

A Police record or University Disciplinary is no party. It can even impact your career and travel opportunities. So, if you want to explore the world or land your dream job, this is one achievement you won't want to have to put on your application forms.



ACT RESPONSIBLY Be Respectful

Having fun doesn't mean breaking the law. Police and Council staff will be using body worn CCTV, so unless you want to be caught on camera, it is always better to play fair.



NEED HELP OR ADVICE?

PSNI 101
Emergency 999
Belfast City Council 028 9032 0202 (Mon-Fri 9am-5pm)

Student support and advice services

Queen's University
Tel: 028 9097 2893 (Student Wellbeing)
Email: studentadvice@qub.ac.uk (Advice SU)
Email: su.vpwwelfare@qub.ac.uk (SU Welfare Officer)

Ulster University
Tel: 028 9536 7000
Email: studentsupport@ulster.ac.uk
www.ulster.ac.uk/student-support
Ulster University SU Advice Bureau:
<https://www.uusu.org/advice/>

Belfast Metropolitan College
Tel: 028 9026 5184
www.belfastmet.ac.uk

St Mary's University College
Tel: 028 9032 7678
Email: s.beattie@smucb.ac.uk

Stranmillis University College
Tel: 028 9038 4510
Email: studentsupport@stran.ac.uk

Inspire (Student Counselling Service)

Queen's University
Tel: 0808 800 0016
Email: qubstudents@inspirewellbeing.org

Ulster University
Tel: 0800 028 5510
Email: ulsterstudents@inspirewellbeing.org

Belfast Metropolitan
Tel: 0808 800 0032
Email: support@inspirewellbeing.org

Other organisations

Samaritans 116 123

Lifeline 0808 808 8000

PSNI Rape Crime Unit 0845 600 8000 (emergency 24hr)

The Rowan 0800 389 4424 (support after sexual abuse, assault or rape)

Nexus 028 9032 6803 (counselling for sexual abuse)

Brook 028 9032 8866 (free sexual health advice and contraception)

St Patrick's Day

YOUR GUIDE TO
CELEBRATING
SAFELY

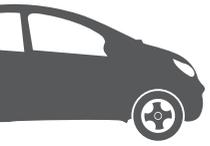


Police Service of Northern Ireland
Keeping People Safe



Belfast
City Council

Protect Yourself



Got A Lift?

No one wants to be left out in the cold. Make sure you know in advance how you're going to get home. Remember, it's St. Patrick's Day so public transport times will be reduced and taxis are likely to be busy.

Stick Together

Have fun with your friends and try to stick together. Don't wander off on your own or let your friends do the same. After all, it's always more fun together anyway.



Got A Charger?

Remember when you had 1% and your phone died just before you hit send? We've all been there. Try and keep your phone charged and considering carrying a portable battery pack just in case.

Hangry Or Happy

Over-drinking can put your health at risk. Make sure to eat a substantial meal before your celebrations begin and drink plenty of water along the way. You will thank us in the morning.



Think Drink

It only takes a second for someone to spike your drink. Keep an eye on your glass and ask the Police for anti-spiking bottle stoppers.

Save These Numbers

SOS Bus: 07901 505 505
Emergency: 999
PSNI: 101
Noise Team: 02890 373 006



Respect Others

Good Neighbour

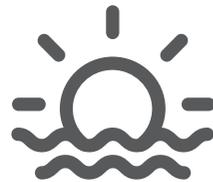
There's nothing wrong with having a bit of craic. But remember, not everyone is partying on St. Patrick's Day. Be considerate of your neighbours, the elderly and families with young children.

**NO
Means No**

No matter how much fun you are having, no means no. Respect other people's boundaries.



Never get into the driver's seat if you've had alcohol. And remember friends don't let friends drive drunk either.



The Next Day

Alcohol doesn't magically leave your system when you wake up. You may still be over the legal limit for driving the morning after.

Hot Property



Lose It

If you're having people over, only let friends in and keep an eye on who is coming and going. Otherwise your favourite things might walk out the door.

Lock It

When you are away from your house, make sure it is locked up before you leave and any alarms are set. It only takes a minute but is worth it.



Keep It

If a party gets out of hand you may be vulnerable to theft, damage and even lose your hard-earned deposit.

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SAFELY