If you fall ill or feel threatened for any reason, here's what to do:

1. Contact friend/colleague if possible - they may be able to help.

2. Depending on the situation, call one of the numbers below:

- **NUMed Accommodation Office**: +6012 568 5422
- **Fire/Police/Ambulance**: 999
- **NUMed Security Control Room** (Emergency Only): +6019 791 5422
- **Iskandar Puteri Police Station**: +607 511 3622/4222
- **Columbia Asia Hospital, Iskandar Puteri**: +607 233 9999
- **Hospital Permai (Trunk line)**: +607 231 1000
- **Hospital Permai (Emergency)**: +607 231 1170
- **NUMed Counsellor**: +607 555 3990
- **NUMed Student Support Team**: +607 555 3992/3860
- **Befrienders JB Helpline (1pm to 12am)**: +607 331 2300
- **NUMed Senior Officer-of-the-Day (Out of Hours)**: +6011 1231 1276