

Where to go for help

If you encounter health, disability or welfare related difficulties while you are at Univ, please remember that there is support available.

The type of support you choose to access may depend on the nature of the issue you have encountered, its impact on your studies and day-to-day life, and who you feel most comfortable talking to. No problem is too small to share with someone else. If it's bothering you, feel free to talk to someone about it.

Examples of who you might contact for support in managing specific issues are shown in this booklet. These examples are not exhaustive. If you would like to explore your support options or just talk through your situation, please contact a member of Univ's Welfare Team.

A porter is always available in the Lodge 24/7, to help or to put you in touch with someone better placed to help. You can go to the Lodge at anytime or call them on 01865 276602.

More information about welfare support available at Univ and beyond can be found in the full Student Welfare guide on the college intranet at <https://intranet.univ.ox.ac.uk/student-welfare>

Academic concerns



Talk to your tutor about your academic concerns. If this doesn't feel appropriate for some reason, contact a member of Univ's Welfare Team or the Senior Tutor. Graduate students may also contact the Dean of Graduates or their College Advisor.

Disability



If you'd like to talk through the types of support that might be available to you, or if your existing support arrangements aren't working effectively for you, please get in touch with Aimee Rhead, Univ's Student Disability and Welfare Advisor.

Financial concerns



The college and wider university both have support funds available for students in financial hardship. Please see the college intranet for more details.

<https://intranet.univ.ox.ac.uk/bursaries-and-grants>

Mental health and emotional wellbeing



If you encounter any difficulties with your mental health or emotional wellbeing, there are people who can help.

You can contact any member of the Welfare Team, your GP or the University Counselling Service for support.

If you have been diagnosed with a mental health condition, you may also be eligible for support through the University's Disability Advisory Service. Please see their website or have a chat with Aimee Rhead, Univ's Student Disability and Welfare Advisor.

Traumatic events




If you are trying to cope after a trauma, you don't have to do this alone.

You can contact your GP, the Counselling Service or any member of Univ's Welfare Team.

If you would prefer to speak to someone outside of the college and university, there are a number of helplines available. Some of these are listed in the Contacts section at the end of this booklet.

Sexual harassment and violence



All members of Univ's community are expected to treat each other with respect. Any student who has been subject to harassment or violence is very welcome to discuss their experiences with any member of the Welfare Team.

The College's Code on Harassment sets out our definition of harassment and the process that students may follow to submit a complaint of harassment to the College. All complaints will be handled sensitively and you will be supported throughout the process.

Students should also be aware of other reporting routes and sources of support, including Thames Valley Police and the University's Sexual Harassment and Violence Support Service.

Please see the Contacts section of this booklet for further information.

Suicidal thoughts



With support, the vast majority of people who have felt suicidal go on to live fulfilling lives.

If you begin to think about suicide, please access support as soon as possible. Contact your GP, Counselling Service or any member of Univ's Welfare Team.

In an emergency, please go to the Lodge, call 999 for the emergency services, or go to the A&E department of the John Radcliffe Hospital.

Useful Contacts in College

Chaplain and Welfare Fellow: Dr Andrew Gregory

Email: andrew.gregory@univ.ox.ac.uk,

Tel: 01865 276663

Office location: Main Quad, Staircase 6, Room 6



Andrew leads the Univ Welfare Team. He is available as a first point of contact for students who might want to talk about any issue affecting their welfare, or any other concern. His work takes place in a context of pastoral support in which no assumptions are made as to whether individuals hold to any religious beliefs or to none.

Student Disability and Welfare Advisor: Aimee Rhead

Email: aimee.rhead@univ.ox.ac.uk, Tel: 01865 276662

Office location: 10 Merton Street (Academic Office corridor)



Aimee is available as a first point of contact for students who might want to talk about any issue affecting their welfare. She also coordinates support for students with disabilities and can advise on all aspects of disability support.

College Nurse: Victoria Manellari (term-time only)

Email: Victoria.Manellari@univ.ox.ac.uk Tel: 01865 276605

Office location: Kybald House

The College Nurse's surgery is on the ground floor of Kybald House. Students are welcome to see her during surgery hours, or can ask her to come to see them in their room in College if they cannot come to the surgery. Surgery times can be found in the Student Welfare booklet on the College intranet.



College Counsellor: Marigold Brown (term-time only)

Email: univ.counsellor@admin.ox.ac.uk

Marigold is a trained psychotherapeutic counsellor and staff member of the University Counselling Service, who will be on-site and available to see Univ students for pre-booked appointments on Wednesdays in term-time (12 – 4pm, weeks 0 – 9). During term, students can contact Marigold by email to arrange an appointment.



Advisor for International Students: Mrs Jing Fang

Email: jing.fang@chinese.ox.ac.uk

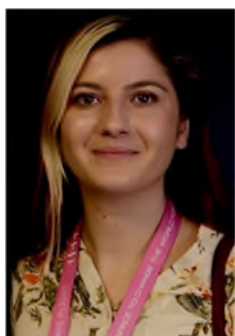
Jing Fang is Univ's Adviser for International Students, with particular reference to students from China.



Junior Deans

Junior Deans are graduate students who have received welfare-related training and who are active members of the Welfare Team.

At least one Junior Dean is on duty outside of office hours (overnight and at weekends) and they can be contacted via the Lodge in case of emergency.



Diana Avadanii
Main site

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Hannah Farley
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Harassment Advisors

All members of Univ's community are expected to treat each other with respect. Any student who has been subject to harassment, bullying or violence can access support from the College.

Students are welcome to speak with any member of the welfare team about their experiences. You will be listened to and your experiences will be taken seriously. We can explain the options available to you and support you moving forward.

Students are also welcome to approach one of our Harassment Advisors. Harassment Advisors can be contacted for an informal and confidential discussion if you are in any doubt about whether you are being harassed, or simply to discuss what your options are.



Dr Trevor Sharp (Tutor)
Trevor.sharp@univ.ox.ac.uk



Cameron Ott (Undergraduate Studies Officer)
Cameron.ott@univ.ox.ac.uk



Prof. Sarah Harper (Tutor)
Sarah.harper@univ.ox.ac.uk

The College's Code on Harassment is available to read at <https://www.univ.ox.ac.uk/policy-documents/> (in the Non-Academic Policies section).

Students who wish to access advice and support relating to sexual harassment and violence, and who would prefer to speak with someone outside of College, may contact the University's [Sexual Harassment and Violence Support Service](#).

Welfare Officers

Both the JCR and WCR elect their own Welfare Officers who can offer you support, or signpost you to other people who may be better placed to help. The contact details of current Welfare Officers are available from the JCR and WCR.

Information on the JCR and WCR officers can be found at

JCR: <https://www.univjcr.com/the-committee>

WCR: <https://www.univ.ox.ac.uk/live-at-univ/the-weir-common-room/>

Univ Peer Supporters

Peer supporters are undergraduate and graduate students trained and supervised by the University Counselling Service to listen to and support fellow students who are experiencing welfare-related issues.

Contact details can be found on the Peer Supporter posters around college. A copy of the poster is available on the college intranet at <https://intranet.univ.ox.ac.uk/student-welfare>

Support from organisations in Oxford

Health and wellbeing

19 Beaumont Street GP Surgery

<http://www.19beaumontstreet.com/>,

Tel: 01865 240501 (Monday to Friday, 08:00 – 18:30)

University Disability Advisory Service

<https://www.ox.ac.uk/students/welfare/disability>

Email: disability@admin.ox.ac.uk

University Counselling Service

<https://www.ox.ac.uk/students/welfare/counselling>

Email: counselling@admin.ox.ac.uk

Oxford Nightline

<http://oxfordnightline.org>

Tel. 01865 270270 (8pm to 8am during term-time weeks 0-9, reverse charges accepted, or free from a University phone)

You can also call into the Oxford Nightline flat at 16 Wellington Square for coffee and a chat in person.

Sexual Harassment and Violence

University Sexual Harassment and Violence Support Service

<https://www.ox.ac.uk/students/welfare/supportservice>

Univ's Code on Harassment

<https://www.univ.ox.ac.uk/policy-documents/> (Non-Academic Policies and Procedures section)

Oxford Sexual Abuse and Rape Crisis Centre

<https://osarcc.org.uk>

Email: support@osarcc.org.uk

Helpline: 0800 783 6294, or 01865 726 295

Monday 18:30 - 21:00; Thursday 18:30 - 21:00; Sunday 18:00 - 20:30

Thames Valley Police

<https://www.thamesvalley.police.uk/advice/advice-and-information/rsa/rape-and-sexual-assault/>

Support from organisations outside Oxford

Samaritans

<https://www.samaritans.org/how-we-can-help-you/contact-us>

Helpline: 116 123 (24 hours a day, every day, calls are free)

Papyrus (charity dedicated to the prevention of young suicide)

<https://papyrus-uk.org/help-advice/about-hopelineuk>

Helpline: 0800 068 41 41

Mon-Fri: 10am-10pm; Weekends: 2pm-10pm; Bank holidays: 2pm-5pm

CALM: Campaign Against Living Miserably (male suicide prevention support)

<https://www.thecalmzone.net/help/get-help/>

Student Minds (mental health charity offering information and advice)

<http://www.studentminds.org.uk/>

Mental Health Foundation (mental wellbeing charity offering information and advice)

<https://www.mentalhealth.org.uk/your-mental-health>