Issue: Michaelmas Term 2026

UNIV
UNIVERSITY COLLEGE OXFORD

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.

The College Lodge is open every day and night during term-time. You can go in person or phone the Lodge on 01865 272602. Porters can give direct you to an appropriate person or service if you need assistance and are all trained first-aiders.

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

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 Univ's Student Disability and Welfare Officer.
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 Tutor for Undergraduates. Graduate students may also contact the Tutor for Graduates or their College Advisor.
Financial concerns	The college and wider university both have support funds available for students in financial hardship. Please see the section below and the college intranet for more details. https://intranet.univ.ox.ac.uk/financial-support

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 Univ's Student Disability and Welfare Officer.

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 the Sexual Assault Referral Centre, Thames Valley Police, Oxford Sexual Health Services, 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.

Financial support

We know that money worries are stressful. They can feel all-consuming and affect your health and wellbeing. Some people find it hard to ask for help with money worries or don't know where to turn.

The College has funds available to help students who are in unexpected or long-term hardship, and we warmly encourage students to access these funds should they need to.

Students who would like to be considered for financial support from the College may apply for the following funds.

Vacation Residence Grant (undergraduates only)

This can help to pay the cost of accommodation for those who need to be in Oxford during the vacation for academic reasons (such as for exams, coursework, or for courses with extended terms).

Books and Equipment Grant

Undergraduates and Graduates can apply for a one-off grant towards the purchase of approved books and academic equipment.

Student Support Fund

The College's main source of support for students who need financial assistance is the Student Support Fund. All students, both undergraduates and graduates are eligible to apply.

Awards may be awarded in cases of unexpected financial difficulty, or in other circumstances. These awards may be made as grants, as interest-free loans, or as some combination of the two.

Parker Fund

A second source of support is the Parker Fund. This offers financial assistance for opportunities relating to academic study, and for opportunities related to music, sport, drama, art, travel, and other extra-curricular activities that students may wish to pursue.

Undergraduates who already receive support from one or more of the following sources may apply:

Oxford Bursary (from University),

Crankstart Scholarship (from University),

Care Experienced Bursary (from University),

Estranged Student Bursary (from University),

Student Support Fund Grant (from College),

Univ OMT Bursary.

The deadline for applications is midday Friday of Week 5 of each term.

You can find further information and application forms for all of the above funds on the college intranet at https://intranet.univ.ox.ac.uk/financial-support

We're happy to talk to anyone who is struggling with money about their situation and the support that might be available to them. If you're feeling overwhelmed or unsure about your financial situation, please have a chat with Jo Hoskins (Student Disability and Welfare Officer) or Andrew Bell (Senior Tutor).

Support for care experienced and estranged students

The College and the University understand that students who are care experienced and / or estranged from their families may wish to access financial and practical support. We are committed to offering this support.

Financial Support

Students who are care experienced or estranged are eligible to apply for the University's Care Experienced and Estranged Student Bursary.

The non-repayable bursary is available to those who incur additional costs because of their care experienced or estranged status. Eligible students can apply in each year of study.

In addition to the University's Bursary, all students may apply to the College's Student Support Fund if they are in financial difficulties.

Accommodation

The College can offer year-round accommodation to students who are care experienced or estranged, and who wish to stay in College accommodation during the vacations.

Students who would like to apply for the University's Care Experienced and Estranged Student Bursary and / or who would like to request year-round accommodation should contact Andrew Gregory (Chaplain and Welfare Fellow). Andrew is available to talk through your situation with you and support you in accessing appropriate support.

You can find out more about the University's commitment to care experienced and estranged students at
https://www.ox.ac.uk/students/welfare/furtherstudentsupport

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. When not on sabbatical, 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 Officer: Jo Hoskins

Email: joanne.hoskins@univ.ox.ac.uk

Tel: 01865 276662

Office location: 10 Merton Street (Academic Office corridor)

Jo 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 hours (term-time only, weeks 1-8) are usually
Monday 9am - 12 noon,
Wednesday 1pm - 3.30pm,
Friday 1pm - 3.30pm

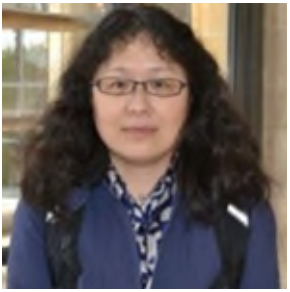
College Counsellor: Cath Arakelian (term-time only)

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

Cath is a psychodynamically trained psychotherapist and a member of the University Counselling Service. She will be on-site and available to see Univ students for pre-booked appointments during term time. During term, students can contact Cath 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 01865 276602, or by email for non-emergency situations junior.dean@univ.ox.ac.uk

Sameer Bhat
Stavertonia

Eszter D Kovacs
Stavertonia

Erik Vanegas Muller
Main site

Nawara Alaboud
Main site

Jack Jacobs
Main site

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/

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.

You can email peer.support@univ.ox.ac.uk to reach them, and the posters around college show who the peer supporters are. There is a copy of the poster available on the college intranet at https://intranet.univ.ox.ac.uk/student-welfare

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.

Elizabeth Adams
Head Librarian
01865 276 977
Elizabeth.adams@univ.ox.ac.uk

Aneurin Ellis-Evans
Associate Professor in Ancient History
Aneurin.ellis-evans@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.

Anyone who has experienced a sexual assault can access urgent specialist medical and emotional support from Oxfordshire Sexual Health Services or the Sexual Assault Referral Centre (SARC). Further information on these confidential services can be found on their websites.
https://www.sexualhealthoxfordshire.nhs.uk/

Support from organisations in Oxford

Beaumont Elms GP Surgery

https://www.beaumontelmspractice.co.uk/,

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

Oxfordshire Sexual Health Services (NHS sexual health and wellbeing services)

https://www.sexualhealthoxfordshire.nhs.uk/

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 or instant message (from 8pm)

Oxford Student Union

https://www.oxfordsu.org/

enquiries@oxfordsu.ox.ac.uk

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)

Rape Crisis England and Wales

https://rapecrisis.org.uk/ (online webchat available)

Helpline: 0808 500 2222 (24 hours a day, every day, calls are free)

Solace Sexual Assault Referral Centre (SARC)

https://www.solacesarc.org.uk/

Helpline: 0800 970 9952

The SARC offers a range of support, including medical examinations for people who have been assaulted in the last 7 days. The SARC can retain confidential medical evidence while you decide if you wish to report an assault to the police. If you don't wish to have a medical examination, you can still access all of the other support offered. If you require a taxi to the SARC, please contact the Lodge.

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/

Helpline: 0800 068 41 41 (24 hours a day, 7 days a week)

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

Save the Student (information and advice to help students to improve their finances)
https://www.savethestudent.org/