

Mental Health Resources

In College

- **Peer Supporters and JCR Welfare Officers**

All peer supporters (including welfare officers) have had 30 hours of training from the University Counselling Service, and are there to listen to you and to direct you to more specific support if necessary. If you'd rather speak to a peer supporter not from Teddy Hall, they can put you in touch with somebody from another college.

Throughout term, the JCR welfare team put on events and workshops to give students a break from studying and to develop good mental health techniques. Look out for these posted in the JCR Facebook group and on noticeboards around college.

- **Decanal Team**

Dean – Professor Jonathan Yates (dean@seh.ox.ac.uk)

The dean does not live on-site but has overall responsibility for college welfare and can be contacted daily during term. The Junior and Assistant Junior Deans live on the Queens Lane Site, and the Sub-Deans live on their indicated sites. All can be contacted for general support as well as for urgent welfare concerns.

Junior Dean: Timothy Delpont (timothy.delpont@seh.ox.ac.uk)

Assistant Junior Dean: Shannon Russell (shannon.russell@law.ox.ac.uk)

Sub deans:

Abhimanyu Arni (WRM) (acmabhi@gmail.com)

Katie Mellor (Tamesis Guest House) (katie.mellor@seh.ox.ac.uk)

Andrew Ramos (NSE) (andrew.ramos@seh.ox.ac.uk)

Elinor Buys (NSE) (elinor.buys@law.ox.ac.uk)

- **Nurse and College GPs**

College Nurse – Clare Woolcott (nurse@seh.ox.ac.uk)

Clare is a trained counsellor who can listen to you, offer advice, and help with next steps regarding mental health. Her clinic times are available online and are posted throughout college. She is also the college's Senior Welfare Officer.

GPs: Dr Matthew Cheetham and Dr Lorna Monteith from Summertown Health Centre are designated as College Doctors. Dr Cheetham and Dr Monteith will continue to offer a college service this Hilary term (week 1-9) on a Tuesday morning. You can book an appointment by visiting nurse.seh.ox.ac.uk website.

Once on the site you can click on Doctor appointments. All the consultations will be online or via telephone initially and if the Doctor then needs to see you face-to-face they will arrange this with the student.

- **College Counselling**

College Counsellor – Virginia Norman (counsellor@seh.ox.ac.uk)

Virginia is a qualified psychotherapist who provides short-term interventions. Send her an email to book an appointment. If you feel unable to do so, get in touch with another member of the college welfare team already listed, who will give you guidance on reaching out.

- **Porters**

The porters can be found in the lodge or contacted at any time for help. They can book transport or contact people (such as the junior deans) for welfare support on your behalf.

University Wide

- **University Counselling Service**

The University Counselling Service is an alternative to the college counselling service if you are not available on the days Brigid comes in, or if you would simply prefer to speak to somebody not associated with your college.

The University Counselling Service also offers group counselling and mental health workshops. More information about these services can be found on the welfare and wellbeing section of the Oxford Students website.

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

It can feel intimidating to use centralised mental health services, but every counsellor has years of professional experience and they are all lovely people who genuinely want to help you, no matter how big or small you feel your problem is (the same can of course be said of Virginia).

- **Nightline**

Tel: 01865270270

Skype: oxfordnightline

IM: <https://oxfordnightline.org/open-im>

Nightline is a student-run confidential listening service operating every day during term time 8pm-8am. They can be contacted via phone, Skype or IM, and offer listening as well as general information about services in the area (from bus times to STI clinics).

- **SU Student Advice Service**

The Student Union runs the Student Advice Service, an online database of information on various topics relevant to Oxford students, as well as email support and drop-ins during term.

<https://www.oxfordsu.org/wellbeing/student-advice> Email: advice@oxfordsu.ox.ac.uk

- **Student Eating Disorder Recovery Groups**

There are two eating disorder recovery groups for Oxford students, one run by Oxford branch of the charity Student Minds, and the other is a student-run self-help (SRSH) group called Enough!. Both meet regularly and can be contacted via email.

Student Minds ED Support: oxford@studentminds.org.uk Enough!: enough@srsh.co.uk

- **Online Resources**

The University has recently launched its Wellbeing Hub to make accessing all online welfare information and resources easier. <http://www.ox.ac.uk/wellbeingatoxford>
Here you can find more information about everything already listed, as well as podcasts and university produced resources to help with specific areas of mental health, such as exam stress, insomnia, self-harm etc.

The student self-help section of Oxford Students website has some particularly useful resources—even reading lists! <http://www.ox.ac.uk/students/welfare/counselling/self-help>

External Services

- **General Mental Health**

Student Minds:

<https://www.studentminds.org.uk> oxford@studentminds.org.uk

Charity focused on student mental health with volunteers working specifically within the University of Oxford.

Mind: <https://www.mind.org.uk>

<https://www.oxfordshire-mind.org.uk>

info@oxfordshire-mind.org.uk

National mental health charity with dedicated Oxfordshire branch about a twenty-minute walk away from Teddy Hall.

National Suicide Hotline: 0845 7090 9090

- **Addiction**

The university has no dedicated addiction services (as far as I am aware at the time of compiling this list), but there are many very useful services in Oxford and online for dealing with all kinds of addiction.

If you are dealing with addiction problems, do not feel ashamed of speaking to somebody about it – it is very likely that they have direct or indirect experience of similar issues.

Services in Oxford and online include:

Turning Point Oxfordshire (drugs and alcohol): oxfordshire@turning-point.co.uk

<http://wellbeing.turning.point.co.uk/oxfordshire> 01865261690

If you present to your GP with a serious problem with drugs and/or alcohol, you are likely to be referred to Turning Point. You can also make a self-referral.

FRANK (drugs and alcohol): <https://www.talktofrank.com>

03001236600

Narcotics Anonymous (drugs): <https://www.ukna.org>

There are multiple meetings every day in and around central Oxford and online. Don't be put off either NA or AA by their assumed religious associations; both are secular organisations which are incredibly welcoming and recovery oriented.

Alcoholics Anonymous (alcohol): <https://www.alcoholics-anonymous.org.uk>

Like NA, there are multiple meetings every day in and around central Oxford and online.

Relate Oxfordshire (sex and pornography): <https://relate-oxfordshire.org>

Gamcare (gambling): <https://www.gamcare.org.uk/> 0808 8020 133

- **Eating Disorders**

All the general mental health organisations already listed can give support with disordered eating.

**Beat: <https://www.beateatingdisorders.org.uk/> help@beateatingdisorders.org.uk
0808 801 0677**

Beat has helplines which you can call if you need support or advice regarding disordered eating, as well as events, programmes, and a website full of useful advice.

- **Bereavement**

Oxford Cruse: <https://www.oxfordcruse.co.uk/> 01865 245398

Physical Health Resources

In College

- **Nurse and College GPs**

College Nurse – Clare Woolcott (nurse@seh.ox.ac.uk)

Clare is an experienced nurse who can give medical advice, first aid, manage prescriptions, and administer most medications. She can also take bloods. It is not always necessary to make a GP appointment, as oftentimes she can give the help needed. You do not need to make an appointment to see the nurse.

If a GP appointment is needed, there is also a GP in college every Tuesday morning (Dr Matthew Cheetham and Dr Lorna Monteith on a rotational basis—check with the nurse if you would like to make sure you can have an appointment with a specific doctor) from Summertown Health Centre. It is recommended that you register as a patient here, and then re-register as a temporary patient if you live elsewhere during the vac. You can make GP appointments through this website: nurse.seh.ox.ac.uk

The Junior Deans and porters are also available at night and during the weekend to provide medical assistance.

- **General Health in College**

The college gym is located at Norham Gardens and is free to use. You must attend an induction session before being able to use the gym.

There are regular Yoga sessions run in college by Molly Ross, details are on the Teddy Hall Yogi Facebook page.

University Wide

- **Dental Care**

Students are advised to remain registered with their home dental practice, but can receive NHS care from a service called Studental for student dental care run at Oxford Brookes. **Studental: <https://www.studental.co.uk/>**

General Information

- **Prescriptions**

If you are over the age of 18, even if you are a full-time student, you are *not* entitled to free prescriptions unless you are exempt for another reason. Details of this can be found here: **[https://www.nhs.uk/Healthcosts/Documents/2009/HC11\[1\].pdf](https://www.nhs.uk/Healthcosts/Documents/2009/HC11[1].pdf)** Prescriptions cost £9 per medication and can be requested to be sent by the college GPs to any of the pharmacies in Oxford or your home during the vac.

- **International Students**

If you are in a full-time course that lasts for 6 months or more, or one that is substantially funded by the UK government, then you are eligible for treatment on the NHS. If you have come to the UK with a pre-existing condition, check with the nurse as there may be a difference for you. If your course does not allow for you to be treated on the NHS, make sure your health insurance covers you for the duration of your study.

Sexual Health Resources

In College

- **Contraception**

There are always standard condoms available for students to take from the windowsill outside the welfare room (staircase 2 in the front quad). There are now also condoms available in Dawson (back table in common room) and Tamesis (shelves on left as you go in).

If you require other forms of barrier contraception (such as dental dams, larger or internal condoms), these can be requested from the welfare officers and can be provided free of charge.

You can also speak to the nurse or college GPs about other methods of contraception. The nurse can provide the implant, IUS, and pill.

The morning after pill can be found for free at some pharmacies or purchased for around £25, for which you can be reimbursed. Either pidge a receipt and a separate piece of paper with your name to a welfare officer, or give a receipt directly to the JCR treasurer so that you can be reimbursed relatively anonymously.

- **Pregnancy Tests**

You can drop either of the welfare officers a message and they will pidge you a pregnancy test (discretely, in an envelope),

- **Rape and Sexual Violence**

The college welfare team can communicate with college about changing your room, making sure you're not overwhelmed with work, and accompanying you to relevant clinics and appointments if you have experienced sexual violence. Do not hesitate to contact any member of the senior, MCR, or JCR welfare team if you are in need.

University Wide

- **Contraception**

The SU has free contraception available to take and on request, and can liaise with Oxfordshire Sexual Health Services to help you with anything they don't already have available or other advice.

- **Sexual Health Screening**

Colleges and societies frequently run testing sessions in association with the SU and Oxfordshire Sexual Health Services. Contact the welfare officers to find out more about this, and look for updates in emails about when these will be happening.

- **Rape and Sexual Violence**

The welfare team in college and throughout the university are here to support you if you have experienced any form of sexual violence, and will not contact the police without your permission. The SU also has an affiliated campaign to end sexual violence in Oxford. Which provides education, outreach, and advocacy.

It Happens Here: <https://ithappenshereoxford.wordpress.com/>

External Services

- **GUM Clinics**

There are a few GUM clinics in Oxford, the closest to college being at the Churchill Hospital. There are buses from outside college every ten minutes. The clinic offers a full range of testing, medicine, and contraception. They have drop-in clinics and services by appointment.

Oxfordshire Sexual Health: <https://www.sexualhealthoxfordshire.nhs.uk/> ouh-tr.oxfordcontraception@nhs.net (for contraception advice) ouh-tr.OxfordSTI@nhs.net (for advice on STI and medical appointments) 01865 231231

- **Rape and Sexual Violence**

Oxford Against Sexual Violence: <http://www.ox.ac.uk/againstsexualviolence> <http://www.ox.ac.uk/supportservice> supportservice@admin.ox.ac.uk

Whilst this is an organisation set up by the SU and run as part of the university's centralised services, it is important to note that it is run by an Independent Sexual Violence Advisor (ISVA) who works independently of the university.

They can provide support both short and long term, and can guide you through medical and legal processes if you wish.

Oxfordshire Sexual Abuse and Rape Crisis Centre: <https://www.osarcc.org.uk/> The OSARCC is a feminist organisation which provides support to survivors of sexual violence.

Survivors UK: <https://www.survivorsuk.org/>

Survivors UK is a charity which supports male survivors of sexual violence.

Rape Crisis: <https://rapecrisis.org.uk/>

The Survivors Trust: <https://www.thesurvivorstrust.org> 08088 010818

Sexual Assault Referral Centres (SOLACE, SARC)

If you have experienced sexual violence and need immediate support, any member of the welfare team can accompany you to a SARC for medical help and evidence preservation. You can also attend these alone if you prefer, though you would not be burdening anybody by having them go with you. These services operate 24 hours a day, and you should always contact the centre before attending for safety reasons and so that they can be ready for you. Somebody else can contact the centre on your behalf. The porters can organise transport for you free of charge. GUM Clinics, A+E, and the college nurse can offer medical help after sexual violence, but *cannot* retain forensic evidence. SARCs can retain this evidence even if you do not wish to inform the police. They can hold your evidence in case you wish to report the assault in future. There are two SARCs nearby:

Bicester Solace Centre: Police House, Queens Avenue, Bicester, OX26 2NT 0300 130 3036
Slough Solace Centre: NHS Upton Hospital, Albert Street, Slough, SL1 2BJ 0300 130 3036

Harassment and Conflict Resources

In College

- **Harassment Policy**

St Edmund Hall condemns harassment as an unacceptable form of behaviour and has a service to help students who think that they are being harassed in any way. Harassment may be but is not limited to bullying, stalking, or creating a hostile environment. View the college policy on harassment for more details here:

<https://www.seh.ox.ac.uk/asset/Policy-Procedure-on-Harassment-UPDATEDMarch-2017.pdf>

- **Harassment Officers**

The college has two Senior Harassment Officers who can be contacted if you have any concerns regarding harassment. Also feel free to contact any other member of the college welfare team for support and advice regarding these concerns.

Professor Karma Nabulsi: karma.nabulsi@politics.ox.ac.uk

Professor Mark Williams: mark.williams@ell.ox.ac.uk

University Wide

- **Harassment**

(Adapted from the Oxford Students Website) Within your department and faculty, the University's confidential harassment advisor network has two advisors (male and female) appointed who are available to talk through your situation. The advisor can help you decide on the best way to deal with the behaviour and will clarify the options available to you. A number of named advisors are available to contact specifically for support on sexual violence or domestic abuse, as well as advisors who identify as BAME OR LGBTQ+. If you would prefer to speak with an advisor entirely unconnected with your department, faculty, or college, you can call or email the Harassment Line. An alternative advisor will be found for you.

**<https://edu.admin.ox.ac.uk/harassment-advice> harassment.line@admin.ox.ac.uk
01865 270760**

- **Conflict Resolution**

The Student Resolution Service is a free mediation service is for students finding themselves in conflict with another student. SRS will mediate a wide range of cases that are causing conflict between students, although not all cases will be suitable for mediation. Examples of suitable cases might include: accommodation issues, noise complaints, access to resources, inter-personal conflict, research group conflict, conflict within a university club or society.

**Student Resolution Service: mediation@admin.ox.ac.uk
<https://www.ox.ac.uk/students/welfare/student-resolution-service?wssl=1>**

External Services

- **Contacts**

National Stalking Helpline: 0808 802 0300 info@stalkinghelpline.org

Men's Advice Line (domestic abuse): <https://mensadvice.org.uk/> 0808 8010327

Refuge (domestic abuse, 24-hour helpline): <https://www.refuge.org.uk/> 0808 2000 247

Women's Aid (domestic abuse): <https://www.womensaid.org.uk/>

Galop (LGBTQ+ violence): <http://www.galop.org.uk/> 0800 999 5428

Victim Support (support after a crime): <https://www.victimsupport.org.uk/> 0808 1689111

Respect Phonenumber (domestic abuse perpetrators): <https://respectphonenumber.org.uk/> 0808 8024040

Disrespect Nobody (relationships): <https://www.disrespectnobody.co.uk/>

**Southall Black Sisters (gender-based and honour-based violence):
<https://southallblacksisters.org.uk/> 0208 571 0800**

Emergency Services: 999

NHS Helpline: 111

Non-Emergency Police: 101

