



University of Oxford  
St Edmund  
Hall

# WELFARE RESOURCES

There are many resources available to you if you need welfare support. If you need any help accessing these services, please do not hesitate to get in touch with a welfare officer or peer supporter who can help to guide you through the process. They can also accompany you to any meetings or appointments if you would find this useful.

Please remember that you do not have to go through anything alone – please reach out to any of the people listed here and we can listen and try to help.

## In college:

**Dean:** Johnathan Yates ([dean@seh.ox.ac.uk](mailto:dean@seh.ox.ac.uk))

**Junior Dean:** Abhimanyu Arni ([abhimanyu.arni@seh.ox.ac.uk](mailto:abhimanyu.arni@seh.ox.ac.uk))\*

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**Nurse:** Clare Woolcott ([nurse@seh.ox.ac.uk](mailto:nurse@seh.ox.ac.uk))

**Counsellor:** James Cones ([counsellor@seh.ox.ac.uk](mailto:counsellor@seh.ox.ac.uk))

**JCR Welfare Officers:** Jake Elliott ([jake.elliott@seh.ox.ac.uk](mailto:jake.elliott@seh.ox.ac.uk))  
Verity Black ([verity.black@seh.ac.uk](mailto:verity.black@seh.ac.uk))

**JCR peer supporters:** see the peer supporter posters around college for their details

## University:

**University Counselling Service:** <https://www.ox.ac.uk/students/welfare/mentalhealthandwellbeing>

**Nightline:** 01865270270

**Student minds:** <https://www.studentminds.org.uk> / [oxford@studentminds.org.uk](mailto:oxford@studentminds.org.uk)

**Beat (disordered eating):** <https://www.beateatingdisorders.org.uk> / 0808 801 0677

**It Happens Here (sexual violence):** <http://ithappenshereoxford.wordpress.com/>

**Oxford Against Sexual Violence:** <http://www.ox.ac.uk/againstsexualviolence>

\* = mental health first aid trained