





WHERE CAN I GET SUPPORT?

**IF YOU NEED IMMEDIATE MEDICAL ATTENTION
CALL 999
IF YOU CAN, ALSO NOTIFY THE LODGE
(01865 277999)**

www.wadham.ox.ac.uk/current-students/student-welfare

I would like to speak to a medical professional



 **IN-HOURS** 

 **OUT-OF-HOURS** 

COLLEGE GP:
19 Beaumont St. Surgery OX1 2NA
Mon-Fri 8AM – 6:30 PM
01865 240501 <https://19bsstudents.com/>

NHS 111:
Out-of-hours advice, medical, or mental health support.
111.nhs.uk or call 111.

COLLEGE NURSE:
01865 277955 pml.wadhamnurse@nhs.net

OXFORD SAFE HAVEN:
A non-clinical safe space for out-of-hours crisis mental health help.
11.30am to 9.30pm 7 days a week. Call Ahead Required: 01865 903037.


NHS OXFORDSHIRE TALKING THERAPIES:
Self-referral support for anxiety and depression
<https://www.oxfordhealth.nhs.uk/oxon-talking-therapies/>

OXFORDSHIRE SEXUAL HEALTH SERVICE:
Sexual health advice including emergency contraception
<https://www.sexualhealthoxfordshire.nhs.uk/>

ACCIDENT & EMERGENCY:
For serious incidents and immediate health concerns. Waiting times can be long.
John Radcliffe Hospital, OX3 9DU.
You may prefer Minor Injuries Unit, Abingdon OX14 1AG 10am-10.30pm 7 days a week. No appointment required.

I would like to speak with someone



 **IN-HOURS** 

 **OUT-OF-HOURS** 

WELFARE ADVISOR:
welfare.advisor@wadham.ox.ac.uk

DISABILITY SUPPORT:
Wadham Disability Coordinator:
michael.froggatt@wadham.ox.ac.uk

WELFARE ADVISOR & COLLEGE CHAPLAIN:
chaplain@wadham.ox.ac.uk

Disability Advisory Service:
disability@admin.ox.ac.uk

STUDENT WELFARE LEAD:
welfare.lead@wadham.ox.ac.uk

PEER SUPPORTERS:
peersupport@wadham.ox.ac.uk

COUNSELLING SERVICE:
01865 270300 counselling@admin.ox.ac.uk

SEXUAL HARASSMENT AND VIOLENCE SUPPORT SERVICE:
A safe space for students impacted by sexual harassment or violence.
<https://www.ox.ac.uk/students/welfare/supportservice>

JUNIOR DEANS:
Contact the Lodge (01865 277900) to get assistance from a Junior Dean.



OUT-OF-HOURS



RAPE CRISIS ENGLAND AND WALES:

24/7 Rape and Sexual Abuse Support Line.
0808 500 2222 <https://rapecrisis.org.uk/get-help/>

SAMARITANS:

24/7 listening support if you are struggling to cope or feeling suicidal.
Call: 116 123 or email jo@smaritans.org
(email responses may take several days).

I would like to be supported anonymously



HOPELINE247:

If you are having thoughts of suicide or are concerned for a person who might be, contact HOPELINE247 for confidential support and advice.
Call: 0800 068 4141 or Text: 07860039967 or email: pat@papyrus-uk.org

NIGHTLINE:

8PM – 8AM in Weeks 0-9
01865 270 270
Chat via IM:
<https://oxfordnightline.org/open-im>

SOLACE (Support for Rape or Sexual Assault):

Call 24/7: 0800 970 9952

SHOUT – Text Crisis Line:

24/7 messaging support service for anyone struggling to cope.
Text: 85258

I would like to explore self-help resources



MIND:

Mental health resources.
<https://mind.org.uk>

BEAT:

Eating disorder support.
<https://www.beateatingdisorders.org.uk/>

TOGETHERALL:

Online community for mental health support. Free for Oxford students.
<https://togetherall.com/en-gb/>

APPS

STAY ALIVE:

Suicide prevention app to help you stay safe in a crisis.

STUDENT MINDS:

Support for students for mental health, studies, money, relationships.
<https://www.studentminds.org.uk/>

CALM HALM:

Help resist urges to self-harm and manage emotions.

FRANK:

Information and support about drugs
Email: FRANK or Call: 0300 1236600 or Text: 82111.

distrACT:

Advice about self-harm and suicidal thoughts.

I would like more information or support



VISIT the College website www.wadham.ox.ac.uk/current-students/student-welfare where you can find information and advice on academic support, equalities support, financial concerns, harassment support, the Library's mental health resources, and contact for your SU and MCR welfare representatives.

OxfordSU offers free advice to Oxford students <https://www.oxfordsu.org/>

My Next Steps:

You might like to discuss a safety plan in order to support yourself in a future crisis. Please discuss this with your GP, Counsellor, one of the Welfare Advisors, or Student Welfare Lead.