





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:
Beaumont Elms Practice OX1 2NA
Mon-Fri 8AM – 6:30 PM
01865 240501 beaumontelmspractice.co.uk

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

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

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


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

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.

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

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

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



COUNSELLING SERVICE:
01865 270300 www.ox.ac.uk/students/welfare/counselling

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

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

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

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

 **OUT-OF-HOURS** 

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).

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

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: 88247 or email: pat@papyrus-uk.org

SHOUT – Text Crisis Line:

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

SOLACE (Sexual Assault Referral Centre, SARC):

Call 24/7: 0330 223 0099

I would like to explore self-help resources



MIND:

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

TOGETHERALL:

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

STUDENT MINDS:

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

FRANK:

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

TURNING POINT

Drug and alcohol support in Oxfordshire
www.turning-point.co.uk/services/oxfordshire

BEAT:

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

APPS

STAY ALIVE:

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

CALM HALM:

Help resist urges to self-harm and manage emotions.

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.

Oxford University wellbeing advice, resources and vacation support: <https://www.ox.ac.uk/students/welfare>

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.