WHERE CAN I GET SUPPORT?

I would like to speak to a medical professional

**IN-HOURS**

**COLLEGE GP:**
The Jericho Health Centre, New Radcliffe House, Walton Street, Oxford, OX2 6NW
Telephone: 01865 311234
www.leaverandpartnersjericho.nhs.uk

**TALKINGSPACE PLUS:**
Self-referral for psychological help & talking therapies
https://www.oxfordhealth.nhs.uk/talkingspaceplus/

**OUT-OF-HOURS**

**NHS 111:**
Call if you need urgent medical/ mental health advice and help

**OXFORD SAFE HAVEN:**
Manzil Resource Centre Entrance 2, Manzil Way, OX4 1XE
Nightly 6PM-10PM
https://www.oxfordshiremind.org.uk/the-oxford-safe-haven/

Call Ahead Required:
01865 903037 (referral line open from 5pm)
A non-clinical safe space offering mental health crisis support and signposting.

I would like to speak with someone

**SEE:** https://reuben.ox.ac.uk/health-wellness-and-welfare

**IN-HOURS**

**WELFARE DEAN:**
welfare.dean@reuben.ox.ac.uk

**COUNSELLING SERVICE:**
01865 270300 counselling@admin.ox.ac.uk
3 Worcester St. OX1 2BX

**OUT-OF-HOURS**

**DISABILITY SUPPORT:**
Reuben Disability Coordinator:
academic.administrator@reuben.ox.ac.uk

Disability Advisory Service:
disability@admin.ox.ac.uk
01865 280459
3 Worcester St., OX1 2BX

**PEER SUPPORTERS (2022-23):**
peer.support@reuben.ox.ac.uk
I would like to be supported anonymously

SAMARITANS:
Call 24/7: 116 123
SHOUT – Text Crisis Line:
85258
PAPYRUS UK (Suicide Prevention):
9AM-10PM weekdays/ 2PM-10PM weekends
0800 0684141 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

I would like to explore self-help resources

STAY ALIVE:
Suicide prevention app to help you stay safe in a crisis

CALM HARM:
Help resisting urges to self-harm and managing emotions in a more positive way

MIND:
Mental health resources
https://mind.org.uk

DISTRACT:
Discreet access to advice about self-harm and suicidal thoughts

TOGETHERALL:
Safe online welfare community moderated by mental health clinicians available 24/7
https://togetherall.com/en-gb/

OTHER APPS:
For a full NHS-approved list see:
www.nhs.uk/apps-library/category/mental-health/

I would like more information or support
VISIT: https://reuben.ox.ac.uk/health-wellness-and-welfare

Information and Advice:
Academic support / Equalities support / Financial concerns/ Harassment support

My Next Steps:
You might like to discuss a safety plan in order to support yourself in a future crisis, and help your friends know how to support you best - please discuss this with your GP, Counsellor or the Welfare Dean.