

WHERE CAN I GET SUPPORT?

Urgent support

NHS 111 for medical help or advice in a non-life-threatening situation: Call 111

Student Assistance Programme 24/7 Helpline: 0800 028 3766

Hopeline 24/7 (if you're experiencing thoughts of suicide): 0800 068 41 41

SHOUT 24/7 (if you're feeling suicidal): Text 85258

Samaritans 24/7 (if you need someone to talk to right now): 116 123

Oxfordshire Safe Haven (A non-clinical safe space offering mental health crisis support & signposting): 01865 903 037 / osh@oxfordshiremind.org.uk

Oxford Nightline (listening & support service): 01865 270 270 (8pm-8am weeks 0-9 incl.)

Reuben College Lodge: 01865 616477

Reuben College Sub Deans: 07564 045442 (10pm - 10am)



IN AN EMERGENCY

CALL 999

(and notify the lodge)

Student Assistance Programme

Online portal & mobile app:

reuben.ox.ac.uk/student-assistance-programme

Free 24/7 helpline: 0800 028 3766



College welfare support

In-hours contacts:

Welfare Dean: welfare.dean@reuben.ox.ac.uk

Peer Supporters: peer.support@reuben.ox.ac.uk



Out-of-hours contacts:

Sub-Deans: 07564 045442

College & University Services

College GP Dr Leaver & Partners: Jericho Health Centre, Walton Street, OX2 6NW / 01865 311234

University Counselling Service: 3 Worcester Street, OX1 2BX / 01865 270300

Disability Advisory Service: 3 Worcester Street, OX1 2BX / 01865 280459

Mental health & wellbeing support

Oxford Nightline: 01865 270 270 (8pm-8am)

NHS Oxfordshire Talking Therapies (Self-referral for psychological help & talking therapies): oxfordhealth.nhs.uk/oxon-talking-therapies

MIND: mind.org.uk

Recovery College: recoverycollegeonline.co.uk

Togetherall: togetherall.com/en-gb/ (use your university email address to access)

Centre for Clinical Interventions:

cci.health.wa.gov.au/Resources/Looking-After-Yourself

Switchboard LGBT+ Helpline: 0800 0119 100 (10am-10pm)

Suicide prevention & self-harm

Papyrus: papyrus-uk.org / 0800 068 4141

Stay Alive: styalive.app

Calm Harm App: calmharm.co.uk

distrACT App (available for Android & Apple)

Support for sexual assault/violence

Bicester Sexual Assault Referral Centre: 0800 970 9952

Independent Sexual Violence Advisor:

OxfordUnilSVA@osarcc.org.uk

University Sexual Harassment & Violence

Support Service: supportservice@admin.ox.ac.uk

Rape Crisis 24/7 Support Line: 0808 500 2222



Unsure where to go for help?

Contact the College Welfare Dean (welfare.dean@reuben.ox.ac.uk) or visit reuben.ox.ac.uk/health-wellness-and-welfare for more help and guidance.

