

## University Support Services

**Oxford University Students' Union Student Advice Service:** OUSU provides free and confidential support for all University of Oxford students. The service has three advisors that you can contact with any concerns you may have, including support for student parents, mental health problems, harassment, or academic concerns. More information can be found at <https://www.oxfordsu.org/wellbeing/student-advice/>

**University Counselling Service:** The University of Oxford offers free and confidential support for students experiencing difficulties. You can arrange an appointment by emailing them at [counselling@admin.ox.ac.uk](mailto:counselling@admin.ox.ac.uk), and more information is available at <http://www.ox.ac.uk/students/welfare/counselling>.

**Nightline:** Nightline is a confidential listening and information service that runs between 8pm and 8am. Contact via phone on 01865 270 270 or skype oxfordnightline.

**Advisory system:** Each student upon arriving at STX is assigned a Senior College Advisor (a Fellow at St Cross) and a Junior Advisor (a student in similar field of study). Advisors can be approached for advice on any subject.

**Free condoms, lube, pregnancy tests, personal alarms, and dental dams:** Free welfare and sexual health supplies can be found in the Welfare Locker in the post room (ask the porter if you can't find it). Condoms can also be found in the Caroline Miles Room (box on windowsill) and the Bathrooms (near sinks) next to the Bar - these run out more quickly than the locker in the post room so if these are empty, always try the post room in the meantime.

**STX morning after pill reimbursement:** The SRC provides reimbursement for the morning after pill in circumstances when getting an emergency appointment for a prescription is not possible (e.g., weekends, busy weekdays). We will not be distributing the pill - whoever needs reimbursement will still have to talk to a licensed pharmacist (e.g., Lloyds, Boots). Please keep the receipt and once provided to [female.welfare.rep@stx.ox.ac.uk](mailto:female.welfare.rep@stx.ox.ac.uk), they can reimburse you in cash. This process is completely confidential.

### Additional Resources:

#### Emergencies:

Call emergency services on 999

Call the 24/7 Oxfordshire [NHS Mental Health Helpline](#): 01865 904997

[Nightline](#) (01865 270270)

[Samaritans](#) (tel. 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org))

[Accident and Emergency Department at the John Radcliffe Hospital](#)

#### Other Mental Health Resources (and related issues):

[Togetherall](#) Managing Stress and Worry course (register with your Oxford email address)

[MIND](#) including [Talking Space Plus](#)

[Student Minds](#)

[Students Against Depression](#)

[Papyrus – Prevention of Young Suicide](#)

[It Gets Brighter](#)

Minding Your Head

The Wellbeing Thesis

LGBT+ Helpline <https://switchboard.lgbt/>

Mental Health UK [BAME mental health services](#)

Beat- Eating Disorders