Welfare Support – A Guide for Students

Do you require immediate medical attention?
- Yes: Call for a First Aider from the Porter’s Lodge or an ambulance.
- No: Are you experiencing significant distress?
  - Yes: Contact one of the College Doctors or the College Nurse, as soon as possible.
  - No: Are you experiencing a medical or mental health problem that does not require immediate medical attention? (This might include severe stress or anxiety)
    - Yes: Have you been the victim of discrimination, harassment or a criminal offence?
      - Yes: Are you experiencing stress or anxiety not related to any of the above?
        - Yes: Contact your Personal Tutor, College Adviser, College Nurse or Welfare Officer.
        - No: Contact the College Doctor or College Nurse.
    - No: Are you experiencing stress or anxiety not related to any of the above?
      - Yes: See sources of help available for stress and anxiety in pink box to the right. See one of the College Doctors or College Nurse if you feel it is appropriate.
      - No: Would you like to talk to someone who is not a member of college or University staff?
        - Yes: Contact the JCR/MCR Welfare Officers or a member of the Peer Support team.
        - No: Contact your Personal Tutor, College Adviser, College Nurse or Welfare Officer.

*Please note: Junior Deans are on-call overnight and at weekends. They are not available during weekdays. During the day please contact the Welfare Officer in House 4, on 01865 270525. In the absence of the Welfare Officer please contact the Senior Tutor on 01865 270629.