WELLBEING RESOURCES FOR POSTGRADUATE STUDENTS

I want to talk to someone

• Department Postgraduate Representatives
• UoC – Group Counselling
• College MCR Welfare Officers
• CUSU Disabled Students’ Campaign Community Group – specific Facebook support groups

I want specific advice and support

• https://www.cst.cam.ac.uk/local/personnel/wellbeing – S. Keshav (sk818) & Jo de Bono (jd670) are the department advocates
• Nightline
• College tutor
• Chaplaincies – various faiths and denominations
• CPFT Psychological Wellbeing Service
• MIND in Cambridgeshire
• SANE

I want peer support

• Department Wellbeing Resources
• UoC Student Wellbeing pages
• UoC Training Portal – self-taught and live courses
• UoC Wellbeing videos
• UoC LinkedIn Learning
• CUSU and Graduate Union pages

I want information or online resources

• UoC Mindfulness Workshops and drop-in mindfulness sessions
• UoC Facilities for Reflection and Prayer
• Cambridge Buddhist Centre – mindfulness and other sessions

I want a space for reflection

• UoC Disability Resource Centre
• UoC and College Counselling
• College nurse
• CUSU Student Advice Service
• QWELL

I am having a mental health crisis or medical emergency

• UoC Sexual Harassment and Violence Advisor
• Lime Tree Clinic
• The Elms Sexual Assault Referral Centre
• Cambridge Rape Crisis Centre
• Cambridge Women’s Aid
• REFUGE
• Men’s Advice Line
• Rape Crisis

• Emergency services: 999
• Non-emergency: NHS 111, option 2 for a 24/7 mental health professional
Department first aiders
University Security Office +44 (0)1223 767444
• College porters
• SAMARITANS
• SPUK