

**WELLBEING  
RESOURCES  
FOR  
POSTGRADUATE  
STUDENTS**

I want to talk to someone

- <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](#)

- [UoC Disability Resource Centre](#)
- [UoC and College Counselling](#)
- [College nurse](#)
- [CUSU Student Advice Service](#)
- [QWELL](#)

I want specific advice and support

- [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](#)

I want support relating to sexual health, sexual assault, or domestic violence

I am having a mental health crisis or medical emergency

- 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](#)

I want peer support

- Department Postgraduate Representatives
- UoC – Group Counselling
- College MCR Welfare Officers
- [CUSU Disabled Students' Campaign Community Group](#) – specific Facebook support groups

I want information or online resources

- [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 a space for reflection

- [UoC Mindfulness Workshops and drop-in mindfulness sessions](#)
- [UoC Facilities for Reflection and Prayer](#)
- [Cambridge Buddhist Centre](#) – mindfulness and other sessions