



Selwyn JCR Welfare & Mental Health Information Pack

CONTENT NOTE:

This document discusses mental illness, bereavement, sexual assault, abuse, suicide, eating disorders and violence.

First avenues

Studying at Cambridge is often tough. If you feel like you want to chat to someone, whether to ask for advice, or just to vent, or for any reason at all, there are many people that you can contact. There are also many different resources available for information about self-help, or other forms of support.

College

- The College Nurse – her office is currently in B staircase in Old Court. As well as being able to deal with physical injuries, she also has experience of work regarding mental health.
- Your tutor and your DoS – depending on whom you feel more comfortable speaking to, either can be a good option! You can also speak to other tutors too – they can provide for you everything your assigned tutor can.
- The chaplain, Hugh (hds21) – Hugh is incredibly friendly and supportive, and is always happy to chat, regardless of your faith.
- The JCR Welfare Team – please feel free to talk to us! You can message us on Facebook, email us, speak to us in person or drop into our welfare hours, details of which are on the ‘Welfare’ tab of the JCR website.

Welfare Officer: Erin-Atlanta Argun, eaa52

Welfare Officer: Henry Campos, hbc30

LGBT+ Officer: Ben Hollingdale, bah43

Disabled Students Officer: Issy Roberts, imr30

BAME Officer: Samara Shahjahan, sls79

- The Porters – especially in an emergency, there are Porters on duty in the Porters’ Lodge at all times. You can also call them at +44 1223 335846. If you are out and about in town, you can go into the Porters’ Lodge of any college if you want support or feel unsafe.

University

- The University Counselling Service (UCS) – the UCS’s website has a variety of self-help resources. It also offers groups and workshops on a variety of topics, such as Self-Care, Managing Panic Attacks and Impostor Syndrome. The UCS also has a specialist Sexual Assault and Harassment Advisor. The UCS also provides counselling services – see below for more details.

- The Students' Union Advice Service – this service has a variety of resources on their website. You can also speak to advisors at the service for independent and confidential support. You can contact the service at +44 1223 746999, or at advice@studentadvice.cam.ac.uk
- The Disability Resource Centre (DRC) – the DRC offers various resources to any student with a disability (including those with mental health difficulties), such as 1-on-1 study skills sessions, group study skills sessions and 1-on-1 mentoring. The DRC's website has much more information about how to access these various kinds of support.

Student Initiatives

- Nightline – you can call or email Nightline to chat to someone anonymously and confidentially, between 7pm and 7am during term-time. Find them at +44 1223 74444, or at email@cambridge.nightline.ac.uk

External Support

- Cambridge Sanctuary – the Sanctuary provides a safe place for individuals experiencing an emotional or mental health crisis. It offers practical and emotional support in a warm, welcoming and friendly environment. It is open seven days a week from 6pm to 1am. To access the Sanctuary, call 111 and select option 2.
- Cambridge Women's Aid – Women's Aid provides dedicated and specialist services to women affected by domestic abuse, contact them at +44 1223 361214
- Cambridge Rape Crisis Centre – the Centre offers support to women who have experience rape, sexual abuse and sexual violence. Find information about their helpline and other forms of support at cambridgerapecrisis.org.uk
- Switchboard LGBT+ – support for LGBT+ people at 0300 330 0630.
- B-eat – support for eating disorders at 0808 801 0677.
- Cruse Bereavement Care – you can find their different sources of support at cruse.org.uk/get-help/local-services/eastern-england/cambridge-fenland-and-uttlesford
- Samaritans – the Samaritans offer a 24/7 helpline of non-directive listening at 116 123.

- Lifecraft – this is a 7pm-11pm helpline based in Cambridge for non-directive listening, contact them at 0808 808 2121.
- Mind – Mind have a lot of information and self-care tips on their website, mind.org.uk, and you can also contact them at 0300 123 3393.
- NHS – your GPs are able to refer you to local NHS-provided counselling, or can discuss various medication options with you. The waiting list for these services can be quite long. However, supporting evidence from a college tutor (or DoS) can speed things along. You can also call 999 for mental health emergencies.
- Papyrus – this is a helpline aimed at young people having suicidal thoughts. Contact them at 0800 068 4141.

In an emergency

- The Selwyn Porters are on call 24/7. You can also call 999, or call 111 option 2, or go to NHS A&E.

Counselling Provisions

Counselling can benefit students in a great variety of ways. Selwyn students can access counselling services in a variety of ways:

- The University Counselling Service (UCS) offers confidential counselling services to all students, which takes place on the third floor of the Student Services Centre on the New Museums Site. The UCS is a great place to turn to – they can assess your situation, offer you counselling and refer you elsewhere if need be. Currently, waiting-lists to receive an appointment at the UCS are quite long. However, if you speak to the nurse, a tutor or the chaplain, then they can fast-track your referral. If your tutor is not being helpful in this respect, then speak to the nurse, the chaplain or the Senior Tutor instead. If you feel comfortable doing so, you can also raise this issue with the JCR President or JCR Welfare Officers.
- Selwyn also has funding to provide support for students facing mental health problems (the Dawson fund). The current policy of the college is that this fund is used in more ‘serious’ cases, for example where a student needs immediate support from a counsellor, or when a student needs more specialised support that the UCS cannot provide. To access counselling provided by the Dawson fund, a case can be referred to the Senior Tutor by the nurse, chaplain or a tutor.

You may also be able to access counselling services through the NHS. You can be referred to NHS-provided counselling by your GP. However, you can also self-refer through the

Psychological Wellbeing Service: <http://www.cpft.nhs.uk/services/pws/psychological-wellbeing-service.htm>.

Other useful information

Other useful things to know include:

- The JCR operates an emergency transport fund. You can take a taxi home at night if you feel unsafe/are not capable of getting home otherwise. You can also take a taxi to/from A&E in an emergency. To access this fund, just ask at the Porters' Lodge. Alternatively, leave a signed copy of the receipt/proof of purchase, along with your name, CRSiD & bank details (or a request for cash) in Boris Fonarkov's pigeon-hole.
- The JCR hands out free sexual health supplies through an anonymous system. To receive supplies, you just have to fill out an online form, and your supplies will then be left in the pigeon hole of one of the welfare officers, which you can pick up yourself. You can find the online forms on the 'Welfare' tab of the JCR website (just search 'Selwyn JCR').