



WHERE CAN I GET SUPPORT?

IF YOU NEED IMMEDIATE MEDICAL ATTENTION

CALL 999

IF YOU CAN, ALSO NOTIFY THE LODGE
(01865 277999)

I would like to speak to a medical professional



COLLEGE GP:

The Jericho Health Centre, New Radcliffe House, Walton Street, Oxford, OX2 6NW

Telephone: 01865 311234

www.leaverandpartnersjericho.nhs.uk

TALKINGSPACE PLUS:

Self-referral for psychological help & talking therapies

<https://www.oxfordhealth.nhs.uk/talkingspaceplus/>



NHS 111:

Call if you need urgent medical/ mental health advice and help

OXFORD SAFE HAVEN:

Manzil Resource Centre Entrance 2, Manzil Way, OX4 1XE

Nightly 6PM-10PM

<https://www.oxfordshiremind.org.uk/the-oxford-safe-haven/>

Call Ahead Required:

01865 903037 (referral line open from 5pm)

A non-clinical safe space offering mental health crisis support and signposting.

I would like to speak with someone

SEE: <https://reuben.ox.ac.uk/health-wellness-and-welfare>



WELFARE DEAN:

welfare.dean@reuben.ox.ac.uk

COUNSELLING SERVICE:

01865 270300 counselling@admin.ox.ac.uk

3 Worcester St. OX1 2BX

DISABILITY SUPPORT:

Reuben Disability Coordinator:

academic.administrator@reuben.ox.ac.uk

Disability Advisory Service:

disability@admin.ox.ac.uk

01865 280459

3 Worcester St., OX1 2BX

PEER SUPPORTERS (2022-23):

peer.support@reuben.ox.ac.uk



OUT-OF-HOURS



Contact the Linacre College Lodge (01865 271650) to make contact with the on call/ duty Sub-Dean or college officer/ staff member

SAMARITANS (IN-PERSON):

60 Magdalen Rd., OX4 1RB

Call: 116 123

jo@samaritans.org (aim to respond in 24hrs)

I would like to be supported anonymously



SAMARITANS:

Call 24/7: 116 123

SHOUT – Text Crisis Line:

85258

PAPYRUS UK (Suicide Prevention):

9AM-10PM weekdays/ 2PM-10PM weekends

0800 0684141 pat@papyrus-uk.org

NIGHTLINE:

8PM – 8AM in Weeks 0-9

01865 270 270

Chat via IM:

<https://oxfordnightline.org/open-im>

SOLACE (Support for Rape or Sexual Assault):

Call 24/7: 0800 970 9952

I would like to explore self-help resources



STAY ALIVE:

Suicide prevention app to help you stay safe in a crisis



CALM HARM:

Help resisting urges to self-harm and managing emotions in a more positive way



MIND:

Mental health resources

<https://mind.org.uk>



DISTRACT:

Discreet access to advice about self-harm and suicidal thoughts



TOGETHERALL:

Safe online welfare community moderated by mental health clinicians available 24/7

<https://togetherall.com/en-gb/>



OTHER APPS:

For a full NHS-approved list see:

www.nhs.uk/apps-library/category/mental-health/

I would like more information or support

VISIT: <https://reuben.ox.ac.uk/health-wellness-and-welfare>

Information and Advice:

Academic support / Equalities support / Financial concerns/ Harassment support

My Next Steps:

You might like to discuss a safety plan in order to support yourself in a future crisis, and help your friends know how to support you best - please discuss this with your GP, Counsellor or the Welfare Dean.

