

Service Name	Description	Contact Details
<b>University Counselling Service</b>	The Counselling Service offer individual/group counselling and run workshops throughout the term on topics including Body Image, Mindfulness, Perfectionism and Sleep Difficulties.	Phone number: 01865 270300 Email: <a href="mailto:counselling@admin.ox.ac.uk">counselling@admin.ox.ac.uk</a> Address: 3 Worcester Street, OX1 2BX Website: <a href="https://www.ox.ac.uk/students/welfare/counselling?wssl=1">https://www.ox.ac.uk/students/welfare/counselling?wssl=1</a>
<b>Peer Supporters/College Welfare Officers/College Welfare Deans</b>	Every college has trained peer supporters and members of staff who are equipped to deal with welfare related issues. It is worth investigating what your college has to offer and making yourself known to the relevant students/members of staff.	College specific
<b>Disability Advisory Service</b>	This service provides information and guidance on how to organise disability-related study support.	Phone number: 01865 280459 Email: <a href="mailto:disability@admin.ox.ac.uk">disability@admin.ox.ac.uk</a> Address: 3 Worcester Street, OX1 2BX
<b>Oxford University Sexual Harassment and Violence Support Service</b>	An all-in-one provision for any students regardless of age or gender who have been affected by sexual harassment or violence. They provide free support and advice, along with a safe place to be heard independent of your college or department.	Website: <a href="https://www.ox.ac.uk/students/welfare/supportservice?wssl=1">https://www.ox.ac.uk/students/welfare/supportservice?wssl=1</a>
<b>Sexual Assault Referral Centres (SARCS)</b>	SARCS are free, accessible support services for anyone who	Website: <a href="https://www.nhs.uk/SARCS">https://www.nhs.uk/SARCS</a> This link leads to a range of broader useful information about help after rape and sexual assault.

	has been raped, sexually assaulted or abused.	<a href="#">Short film</a>
<b>Samaritans</b>	Provides free 24-hour support on welfare-related issues.	Phone number: 116 123 or 01865 722122 for The Oxford Samaritans Address: 60 Magdalen Road, OX4 1RB (open 8am-10pm)
<b>Harassment Advisory Network</b>	Information for student/staff on the Universities response to Harassment and Bullying.	Phone number: 01865 270760 Email: <a href="mailto:harassment.line@admin.ox.ac.uk">harassment.line@admin.ox.ac.uk</a> Website: <a href="https://edu.admin.ox.ac.uk/harassment-advice">https://edu.admin.ox.ac.uk/harassment-advice</a>
<b>Rainbow Peers</b>	A support scheme run by Peer Supporters to offer advice and guidance to any LGBTQ+ students across the University.	Email Address: <a href="mailto:rainbowpeers@admin.ox.ac.uk">rainbowpeers@admin.ox.ac.uk</a>
<b>Peers of Colour</b>	A scheme operated by Peer Supporters to offer support to any student of colour across the University.	Email Address: <a href="mailto:peersofcolour@admin.ox.ac.uk">peersofcolour@admin.ox.ac.uk</a>
<b>Oxford Sexual Abuse and Rape Crisis Centre</b>	An organisation committed to supporting survivors of sexual abuse, rape and harassment.	Phone number: 0800 783 6294 (free) or 01865 726295
<b>Beat</b>	Provides online support to people with an eating disorder.	Website: <a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a> Phone number: 0808 801 0677 (open 12pm-8pm weekdays and 4pm-8pm on weekends)
<b>MIND</b>	An organisation that provides advice and support to anyone experiencing a mental health problem.	Website: <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a> Phone number: 0300 123 3393
<b>Talking Space Plus</b>	Talking Space Plus is a free NHS Oxfordshire service that supports adults experiencing anxiety or depression.	Website: <a href="https://www.oxfordhealth.nhs.uk/talkingspaceplus/">https://www.oxfordhealth.nhs.uk/talkingspaceplus/</a>