

## Student Wellbeing and Support Services

As an Oxford University student living overseas, it is important you have access to appropriate wellbeing and mental health support. This document summarises the resources available from the University and provides links to the relevant tools. If you think you might need help other than what is listed here please speak with your supervisor. If you are in crisis please contact local emergency services.

### Informal pastoral support

What it involves	Further information
<ul style="list-style-type: none"> <li>Stay in touch with friends and family;</li> <li>Support your peers by keeping in regular contact, and checking in with others to see how they are doing;</li> <li>Organise and participate in group activities;</li> <li>Look after yourself with a healthy diet &amp; exercise;</li> <li>Be a role model for others; offer support and be compassionate.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Welfare advice for students</a></li> <li><a href="#">Self-help strategies</a></li> <li><a href="#">Student mental health resources</a></li> <li><a href="#">Student advice service - Oxford SU</a></li> <li><a href="#">Free monthly mindfulness sessions</a></li> <li><a href="#">Student minds</a></li> </ul>

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Service	What it involves	Further information
Online Individual wellbeing support	<ul style="list-style-type: none"> <li>Check in sessions are available to help you with your mental and emotional wellbeing;</li> <li>Staff are able to provide guidance in seeking help where you are based and can help you navigate the different resources available to you;</li> <li>They can be contacted via email and you can arrange one to one supportive sessions thereafter;</li> <li>Despite what the University website states, due to legal restrictions, individual counselling sessions are not currently available to overseas students. They are also not an emergency service and in an emergency, please contact local emergency services near you.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Mental Health Support</a></li> <li><a href="#">E-mail</a></li> </ul>
Group Counselling	<ul style="list-style-type: none"> <li>Group counselling provides an opportunity to explore how you relate to others and benefit from their experiences and support;</li> <li>To join any of the groups, you can make a request via email explaining you would like to explore the possibility of joining a group;</li> <li>Available via MS Teams for at least the duration of the Covid-19 pandemic.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Group Counselling</a></li> <li><a href="#">E-mail</a></li> </ul>

### Workshops and Student-Led Support

A range of workshops and student-led support is available to help you build skills to respond to the demands of life at university.

Service	What it involves	Further information
Online Workshops	<ul style="list-style-type: none"> <li>Workshops are short-term, structured and agenda led. Most come from a Cognitive Behavioural Therapy (CBT) perspective. The workshops are open to between 4 and 20 participants at a time;</li> <li>Topics change per term, you can check the University webpages for updates;</li> <li>You can request to sign up for a workshop via email.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Current workshops</a></li> <li><a href="#">E-mail</a></li> </ul>
Peer Support Programme	<ul style="list-style-type: none"> <li>Student Peer Supporters are available in colleges and departments to talk with you informally about anything that is concerning you. All Peer Supporters have been carefully selected and trained to take up this role and receive ongoing support and supervision from the University Counselling Service;</li> <li>Information about the peer support programme at your college can be found on your college or JCR website;</li> <li>There are also two schemes which are operated by peer supporters who offer support to any LGBTQ students or students of colour from across the university.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Rainbow peers</a></li> <li><a href="#">Peers of colour</a></li> <li><a href="#">Student-led Support</a></li> </ul>
College Support	<ul style="list-style-type: none"> <li>Every college has a welfare team, which provides support to students including signposting to specialist services when necessary.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">College Support</a></li> </ul>

In addition, the University has subscribed to the [Big White Wall](#), a free to use service giving access to a global welfare community, moderated by mental health professionals. It provides a safe space for students to help self-manage their mental health and wellbeing - whether you are struggling to sleep, feeling low, stressed or unable to cope. To join, go to [www.bigwhitewall.com](http://www.bigwhitewall.com) and register under "I'm from a university or college" with your Oxford e-mail address. This service is available to all students with an active University e-mail address and can be accessed from anywhere via a web browser.