



ST CROSS COLLEGE
UNIVERSITY OF OXFORD

Welfare Contacts - College

If you are unsure who to ask for advice, please contact **Sharon Durno the Academic Registrar** in the first instance.

Junior Deans: Along with the entire welfare team, the Dean and Junior Deans offer advice, help, and guidance to students at every stage of their studies. The Junior Deans are fellow students. If you would like to get in touch with the **Junior Deans**, please contact **Saba Ishrat** (residing on the Main Site) or **Benjamin Gladstone** (residing in the Annexe) junior.dean@stx.ox.ac.uk or call the current mobile number 07585 600441.

Student Welfare Reps: The Welfare Reps are always happy to chat about anything that may be troubling you and can provide you with general information about welfare. Please get in touch with the female welfare rep (female.welfare.rep@stx.ox.ac.uk) or male welfare rep (male.welfare.rep@stx.ox.ac.uk). They will be at welfare events such as tea & cakes and brunch, but are always available if you want to have a chat.

LGBTQ Representative: (stx.lgbtq.rep@stx.ox.ac.uk). The LGBTQ rep can also be contacted for any relevant support in dealing with instances of homophobia, biphobia, transphobia, etc. as well as for general issues and difficulties experienced by queer or similarly identified students in the College. They can also connect students with other helpful resources, such as representatives from the Oxford University LGBTQ Society, and support organisations around Oxford.

Members of College Staff: You can always talk to College staff if you need advice. The **Academic Registrar, Sharon Durno** (academic.registrar@stx.ox.ac.uk) can be contacted to discuss any matters that may be troubling you. She will offer advice and guidance signposting to relevant support services. **The Dean** can provide guidance to students at every stage of their degrees. The Dean is **Dr Heather Hamill** (dean@stx.ox.ac.uk). You are also welcome to contact the **Bursar, Gemma Donaldson** via bursar@stx.ox.ac.uk particularly if your concern relates to financial hardship.

College Doctors: The college doctors are Dr Laurence Leaver and Dr Mark O'Shea at the Jericho Health Centre, which is located in New Radcliffe House on Walton Street, OX2 6NW. You can call 01865 311234 to arrange an appointment. Call 111 for emergencies out of hours.

College Counsellor: Elizabeth Treasure is the dedicated College Counsellor. Elizabeth is a member of the University Counselling Service team and will be on site with us from 14:00-17:00 on Mondays during term. Elizabeth can be contacted directly to make an appointment in College by emailing counsellor@stx.ox.ac.uk

University Support Services

Oxford University Students' Union Student Advice Service: OUSU provides free and confidential support for all University of Oxford students. The service has three advisors that you can contact with any concerns you may have, including support for student parents, mental health problems, harassment, or academic concerns. More information can be found at <https://www.oxfordsu.org/wellbeing/student-advice/>

University Counselling Service: The University of Oxford offers free and confidential support for students experiencing difficulties. You can arrange an appointment by emailing them at counselling@admin.ox.ac.uk, and more information is available at <http://www.ox.ac.uk/students/welfare/counselling>.

Nightline: Nightline is a confidential listening and information service that runs between 8pm and 8am. Contact via phone on 01865 270 270 or skype oxfordnightline.

Advisory system: Each student upon arriving at STX is assigned a Senior College Advisor (a Fellow at St Cross) and a Junior Advisor (a student in similar field of study). Advisors can be approached for advice on any subject.

Free condoms, lube, pregnancy tests, personal alarms, and dental dams: Free welfare and sexual health supplies can be found in the Welfare Locker in the post room (ask the porter if you can't find it). Condoms can also be found in the Caroline Miles Room (box on windowsill) and the Bathrooms (near sinks) next to the Bar - these run out more quickly than the locker in the post room so if these are empty, always try the post room in the meantime.

STX morning after pill reimbursement: The SRC provides reimbursement for the morning after pill in circumstances when getting an emergency appointment for a prescription is not possible (e.g., weekends, busy weekdays). We will not be distributing the pill - whoever needs reimbursement will still have to talk to a licensed pharmacist (e.g., Lloyds, Boots). Please keep the receipt and once provided to female.welfare.rep@stx.ox.ac.uk, they can reimburse you in cash. This process is completely confidential.

Additional Resources:

Emergencies:

Call emergency services on 999

Call the 24/7 Oxfordshire

[NHS Mental Health Helpline](https://www.nhs.uk/mentalhealth/helpline): 01865 904997

[Nightline](https://www.nhs.uk/mentalhealth/nightline) (01865 270270)

[Samaritans](https://www.samaritans.org) (tel. 116 123 or email jo@samaritans.org)

[Accident and Emergency Department at the John Radcliffe Hospital](https://www.nhs.uk/mentalhealth/emergency)

Other Mental Health Resources (and related issues):

[Togetherall](#) Managing Stress and Worry course
(register with your Oxford email address)

[MIND](#) including [Talking Space Plus](#)

[Student Minds](#)

[Students Against Depression](#)

[Papyrus – Prevention of Young Suicide](#)

[It Gets Brighter](#)

[Minding Your Head](#)

[The Wellbeing Thesis](#)

LGBT+ Helpline <https://switchboard.lgbt/>

Mental Health UK [BAME mental health services](#)

[Beat- Eating Disorders](#)