WELLBEING RESOURCES FOR POSTGRADUATE STUDENTS

I want to talk to someone
- Department Wellbeing Advocates
- Nightline
- College tutor
- Chaplaincies – various faiths and denominations
- CPFT Psychological Wellbeing Service
- MIND in Cambridgeshire
- SANE

I want specific advice and support
- UoC Disability Resource Centre
- UoC and College Counselling
- College nurse
- CUSU Student Advice Service
- QWELL

I want peer support
- UoC Postgraduate Representatives
- UoC – Group Counselling
- College MCR Welfare Officers
- CUSU Disabled Students’ Campaign Community Group – specific Facebook support groups

I want information or online resources
- UoC Student Wellbeing pages
- UoC Training Portal – self-taught and live courses
- UoC Wellbeing videos
- UoC LinkedIn Learning
- CUSU and Graduate Union pages

I want a space for reflection
- UoC Mindfulness Workshops and drop-in mindfulness sessions
- UoC Facilities for Reflection and Prayer
- Cambridge Buddhist Centre – mindfulness and other sessions

I am having a mental health crisis or medical emergency
- Emergency services: 999
- Non-emergency: NHS 111, option 2 for a 24/7 mental health professional
- Department first aiders
- University Security Office +44 (0)1223 767444
- College porters
- SAMARITANS
- SPUK

Poster by Medhavi Kakkar (mk2097), 2022