

MPLS Mental Health First Aiders

MPLS also have a number of MHFA England trained Mental Health First Aiders on hand to offer confidential, informal support to anyone within MPLS experiencing poor mental health or stress, whether work-related or not. We can be your first point of contact and, by understanding your situation, can talk through your options and signpost you to the right service if further support is required. Get in touch confidentially via mhfa@mpls.ox.ac.uk, or get in touch directly through the [bios on this webpage](#).

Student Counselling Service

All students at the University have access to a free student counselling service provided by Welfare and Student Support. They also provide advice to staff who are concerned about students. [More information and how to get in touch can be found on their webpage](#).

[Student Welfare and Support Services](#)

<https://www.ox.ac.uk/students/welfare/counselling/self-help>

[Student Union Wellbeing](#)

Counselling Service	counselling@admin.ox.ac.uk	01865 270300
Disability Advisory Service	disability@admin.ox.ac.uk	01865 280459
Sexual Harassment and Violence Support Service	supportservice@admin.ox.ac.uk	
Student Resolution Service	mediation@admin.ox.ac.uk	
General Queries	swss@admin.ox.ac.uk	

Occupational Health

Occupational Health provides a service that promotes and supports physical and mental wellbeing in the workplace. It offers a range of services including advice to managers, the employee counselling service (more below) and health surveillance. [More information and how to get in touch can be found on their webpages](#).

Employee Counselling Service

As part of the University's insurance policy through Zurich, a free confidential counselling service is available for you and members of your immediate family (provided they live with you and are over the age of 18 or aged between 16-18 and are in full-time employment). The service is available 24 hours a day, 365 days of the year. You could be eligible for up to 6 free telephone sessions. No information is shared with the University. [More information can be found on their webpage.](#)

Bullying and Harassment Advisors

If you or someone you know within the University is experiencing bullying or harassment, get in touch with the [Harassment Advisory Service](#) or your local Advisors for support and advice on the procedure.

[More information about the procedure can be found on these webpages.](#)

Departmental Bullying and Harassment advisors can be found through <https://intranet.eng.ox.ac.uk/hr/wellbeing/>

MPLS Bullying and Harassment Advisors are [Daisy Hung](#) and [Justin Hutchence](#).

Togetherall

All students and staff at the University of Oxford can access Togetherall's 24 hour, safe online mental health support. An online peer-to-peer support community offering discussions mediated by mental health professionals, self-learning courses and resources. [Register for free and select "I'm from a University or college"](#). More information about Togetherall can also be found in a [recording on the MPLS Mental Health webpages](#).

Work + Family Space

The Work + Family Space is a University benefit for all employees that offers access to emergency back-up childcare and adult care, a 'speak to an expert' phone line, and a wide range of guides and webinars. Access to the services, phone lines and web guidance is free for University employees, but you will need to meet the costs of any care that you book. [Find out more on their webpage.](#)

Oxford Mindfulness Centre

The OMC offers free daily online mindfulness sessions (Monday to Friday each week). The practice sessions are intended for anyone new to mindfulness and for those who would like to connect with others to maintain their practice. [More information and how to register can be found on their webpage.](#)

Service Contacts

Emergency

University Security 01865 289999
The Samaritans 116 123

Non-Emergency

Nightline 01865 270270

External Organisations

Depression

Charlie Waller Memorial Trust <https://charliewaller.org/>

Students Against Depression <https://www.studentsagainstdepression.org/> and
<https://www.studentsagainstdepression.org/making-changes/making-a-plan-of-action/>

Student Minds <https://www.studentminds.org.uk/supportforafriend-depression.html>

Home sickness

The Mix <https://www.themix.org.uk/>

<https://www.prospects.ac.uk/applying-for-university/university-life/what-to-do-when-you-feel-homesick>

<https://www.savesthestudent.org/international-students/tips-to-deal-with-home-sickness.html>

Anxiety

Anxiety UK <https://www.anxietyuk.org.uk/>

Regional and national charities that offer peer support searches:

<https://www.mind.org.uk/information-support/peer-support-directory/find-peer-support-where-you-live/>

- [Bipolar UK groups](#)
- [Peer UK groups](#)
- [Hearing Voices groups](#)
- [Richmond Fellowship](#)

No Panic <https://nopanic.org.uk/> 0300 7729844 Provides a helpline, step-by-step programmes, downloadable resources (<https://nopanic.org.uk/resources/>) and support for people with anxiety disorders

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/useful-contacts/>

- Self-harm - Self Harm UK
- Disordered eating - Beat
- Exam stress - NHS website
- Suicidal thoughts and behaviours - Papyrus
- Relationship concerns - Relate
- Social isolation - The Student Room
- Financial concerns - National Union of Students (NUS)
- Drug and alcohol misuse - Talk to Frank
- Sexual vulnerability - Rape Crisis