

**ST HUGH'S COLLEGE
HEALTH & WELLBEING**



Unsure who can help?




If your need is **urgent**, call the Porter's Lodge on **01865 274900**

Otherwise, email wellbeing@st-hughs.ox.ac.uk for advice on who to contact for help
Emails will be answered in normal working hours

	Daytime Assistance	Evening Assistance
Weekday	Porter's Lodge. Call 01865 274900 College Nurse - nurse@st-hughs.ox.ac.uk Chaplain - chaplain@st-hughs.ox.ac.uk Counsellor - counsellor@st-hughs.ox.ac.uk	Porter's Lodge / Junior Deans. Call 01865 274900 Togetherall - 24hr online mental health community Oxford Nightline - confidential listening service
Weekend	Porter's Lodge. Call 01865 274900 Togetherall - 24hr online mental health community	Porter's Lodge / Junior Deans. Call 01865 274900 Togetherall - 24hr online mental health community Oxford Nightline - confidential listening service

Please see below for information about NHS and University resources

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Nurse & Wellbeing Coordinator	Chaplain	Counsellor	Junior Deans
			<p>Assistant Dean:</p> <p>Eri Ichijo</p> <p>Junior Deans:</p> <p>Bethan Wallace</p> <p>Marin Vuksic</p> <p>Shannon Russell</p>
<p>Sarah Dragonetti</p> <p>nurse@st-hughs.ox.ac.uk</p> <p>01865 274945</p>	<p>Claire Bowes</p> <p>chaplain@st-hughs.ox.ac.uk</p>	<p>Beata Dytczak</p> <p>counsellor@st-hughs.ox.ac.uk</p> <p>or via College Nurse</p>	<p>01865 274900</p>
<p>MGA 1st Floor</p> <p>Term time, Mon-Fri, 10.30am-3.30pm</p> <p>By appointment</p>	<p>Room 17 on the MGA Corridor</p> <p>Drop in or make an appointment</p>	<p>Term time, Thursdays</p> <p>By appointment</p>	<p>All days</p> <p>20:00-06:30</p> <p>Weeks 0 – 9</p>
<p>Helps with:</p> <p>Personal and mental health matters and</p> <p>Health advice</p> <p>Wound care and dressings</p> <p>Removal of stitches</p> <p>Contraception and sexual health</p>	<p>Helps with:</p> <p>Personal matters (regardless of religious beliefs) and</p> <p>Religious guidance</p>	<p>Helps with:</p> <p>Personal and mental health matters</p>	<p>Help with:</p> <p>Urgent personal issues that arise out of hours</p> <p>Able to:</p> <p>Listen to your concerns</p> <p>Sign post to helpful resources</p>

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UNIVERSITY RESOURCES

Counselling Service	Confidential support, individual or group counselling, workshops, mental health resources Email: counselling@admin.ox.ac.uk or Tel: 01865 270300 https://www.ox.ac.uk/students/welfare/counselling Available during term: Monday – Friday 09:00-17:00 (up to 20:00 for appointments)
Disability Advisory Service (DAS)	Advice and study support for students with disabilities and long-term health conditions Email: disability@admin.ox.ac.uk or Tel: 01865 280459 Located: 3 Worcester Street, OX1 2BX Available during term: Monday – Friday 09:00-17:00
Togetherall	24/7 online peer support, moderated, with self-help tools Website: https://togetherall.com/en-gb/
Sexual Harassment & Violence Support Service	Specialist advice for people experiencing sexual harassment and violence, domestic abuse or stalking Website: https://www.ox.ac.uk/students/welfare/supportservice

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EXTERNAL RESOURCES

Medical care

Dial 111 for advice or dial 999 for urgent medical care or

Attend the Accident & Emergency Department at the John Radcliffe Hospital, OX3 9DU

Non-urgent medical care

Daytime/working hours:

College Doctor, Summertown Health Centre, 160 Banbury Road, Oxford, Oxfordshire, OX2 7BS, 01865 515552, summertownhealthcentre.co.uk,
Open Monday – Friday: 08:30 to 18:30.

Woodstock Road Chemist, 59 Woodstock Road, OX2 6HJ, Independent community pharmacy offering NHS & private services. Open Monday to Friday: 08:30 – 18:30 ; Saturday: 09:00 – 13:00.

Boots Pharmacy, Cornmarket , OX1 3HL, offering assessments for minor ailments such as earache, sore throat, urinary infections and similar.
Open Monday–Saturday 08:00–20:00; Sunday 11:00–17:00.

24/7 hours:

NHS telephone advice – dial 111

Urgent safety concerns

If you are in College, call the Porter's Lodge on 01865 274900

If you are in town, you can call into the Porter's Lodge of any college participating in the [Safe Lodge Scheme](#)

Or dial 101 for police advice or dial 999 for urgent assistance