

Wellbeing Transition Resources

There is a wealth of support available for undergraduate and postgraduate students. There are many people in college who you can talk to, including the Welfare and Wellbeing co-ordinator, the nurse/college counsellor or doctor and various students in the JCR/MCR including Junior Deans and peer supporters- please see the [college website](#) for further details.

In addition to college support, there are a range of university wide services which are set out below along with some self-help resources.

University Wide Services

Disability Advisory Service	Provides Information and advice on disability issues and practical support for those with sensory or mobility impairments, long term health conditions specific learning difficulties, autistic spectrum conditions and mental health difficulties.	Email: disability@admin.ox.ac.uk
University Counselling Service Counselling service workshops Graduate groups	Offers confidential advice for students to help address personal or emotional problems. Workshops offered on a group basis. Designed specifically for needs of graduates who are studying	For enquiries and appointments Email: counselling@admin.ox.ac.uk



	research or taught courses.	
Sexual Harassment and Violence Support Service Harassment Advisor Network Harassment Line Further Resources	Offers a safe space and support to any current student who has been impacted by harassment or sexual violence. Website Email support Website	Email: supportservice@admins.ox.ac.uk Or complete the online form Information for staff and students who feel they have been bullied or harassed. Local and national organisations support people affected by sexual harassment or violence, domestic and relationship abuse, and stalking.
Student Mediation Service	Informal service for any students who is in conflict with another student. Anyone can make a referral.	To make a referral or ask for advice Email: mediation@admin.ox.ac.uk
Health	Information and advice about accessing medical advice and guidance about staying healthy.	
Peer Support	There are a range of peer supporters including peers of colour, rainbow peers, disability diversity peers, peers of faith coffee ambassadors.	To find an appropriate peer supporter
Support for Students who are Care Experienced or estranged from their families or are themselves parents	Written information with links to relevant financial support and other resources.	

Policies and Procedures

Confidentiality in Student Welfare Guidance		
Equality Policy		
Equality Act 2010		
Harassment Procedure Flowchart for student		
Prevent		
Student Mental Health Policy		
SWSS Complaints Policy		

General Information

Advice about coping with Freshers' week	Podcast	9 minutes 29 seconds
Top Tips for Freshers'	Written Information	2-page guide -Practical tips from the counselling service.
Managing Transitions and Expectations	Written Information	3-page Guidance from the counselling service on managing the transitions to university and managing expectations.

Finance

Managing the Cost of studying	Podcast	24 minutes 31 seconds
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International Students

Oxford Life as an International student -international students talk about how they have settled into life at Oxford	Podcast	15 minutes
International students -Emotion challenges faced by international students	Podcast	16 minutes

Mature Students

Oxford Life as a Mature Student	Podcast	14 minutes 13 seconds
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Disabled Students

Disability Advisory Service-Information and advice on disability issues and practical support for those with sensory or mobility impairments, long term health conditions specific learning difficulties, autistic spectrum conditions and mental health difficulties.	Service	Email: disability@admin.ox.ac.uk
Disability Rights UK	Website	Provides information, advice, and practical support.

Overcoming Imposter Syndrome and Perfectionism

Overcoming Imposter Syndrome	Written Information	5-page document about managing Expectations, Transitions and overcoming Imposter Syndrome.
Common difficulties experiences by high achieving students	Podcast	11 minutes 45 seconds
The Pressure to be Perfect and Ways of responding	Podcast	17 minutes
The Relentless Drive for Perfection	Podcast	17 minutes 53 seconds

Perfectionism Friend or Foe	Written Information	2-page article about practical ways to deal with perfectionism from Harvard University.
Perfectionism in Perspective	Practical course with activities	Nine module courses with workbook from Centre of Clinical Interventions.

Preparing for Exams

Exam wellbeing and Preparation	Written information	Practical advice on planning revision and managing your won mental and physical health during the revision process and during and after the exams
Exam Preparation and Revision Part 1 Getting into the Right Mind-set	Podcast	12 minutes 23 seconds
Exam Preparation and Revision Part 2: Planning and revision	Podcast	10 minutes 6 seconds
Exam Preparation and Revision Part 3: Before During and After the Exam	Podcast	8 minutes
Facing Finals- some psychological tips	Podcast	14 minutes 6 seconds

Problems with Work

Procrastination- Understanding Procrastination	Academic article about understanding procrastination	Article by the psychologist Dr Richard Gipps.
Can't Work Part 1- Getting into the right mind-set	Podcast	12 minutes 29 seconds
Can Work Part 2: Strategies to help you start work again	Podcast	14 minutes 45 seconds
Can't Stop Work	Podcast	14 minutes 12 seconds
Student's Considering Suspending their studies	Podcast	20 minutes 40 seconds

General Mental Health Resources

NHS	Website	Tips, tools, and activities to support your mental health and wellbeing.
Student Minds- student mental health charity	Website	Details of local and university support both urgent and long terms.
Mind- mental health charity	Website and Services	A-Z of Mental health, list of phone lines and online support, support groups and resources.
Sane- charity raising awareness of and providing support for mental health issues	Website and Services	Phone and text and email support 365 days of the year, resources, groups, and other support.
Mental Health Foundation	Website	Practical help, guides to support mental health, podcasts, publications, and research.

Self-Care and Relaxation

Discover Britain by walking.	Website	Oxford nature walk through Oxford's green spaces.
Walks in Oxfordshire	Website	Walks in Oxfordshire.
Oxford River Walks	Website	Downloadable map and information.
Get Active in Oxford	Website	A wide range of opportunities for exercise and sport for all- individual and group activities.
Mindful Breathing Space- a short meditation to help you feel calm during a busy day	Podcast	3-minute meditation
What is Mindfulness?	Video	With Dr Jon Kabat-Zinn 5 minutes.
Breathing exercise to reduce stress	NHS written information	
Mindful breathing	Website	Getselfhelp.org.uk website with practical resources on for mindfulness, relaxation and much more.
Daily Calm Mindfulness Meditation	Website	Free content and option to subscribe to other resources.
Mindful	Website	Free meditation guide and further resources.

Oxford Mindfulness Foundation	Website	Courses, training and social events and free meditation sessions.
Headspace	Website	Free trial then fees apply. Resources and guides for people new to meditation.
Science of Happiness: Theory and Practice	Free online Course	Short introductory course by coursera.
Get Self Help	Website	Information about mindfulness including free e-book to download.
Self Compassion Part 1	Podcast	5 minutes 27 seconds
Self Compassion Part 2	Podcast	10 minutes 45 seconds
Journaling - how journaling can help your mental health and wellbeing	Podcast	13 minutes 3 seconds
Why people who need help don't come for counselling	Podcast	9 minutes 36 seconds

Self and Identity

Documentary about issues related to belonging for people who have been brought up overseas	Video	Documentaries explore the unique perspective of people who spent a significant portion of their childhood overseas. Focus is on why these people often struggle to answer the question "where is home?" and the implications of this for personal identity.
Centre for Clinical Interventions - Self Esteem	Website	Information and workbook of practical activities to improve your self-esteem .
Building your Self Confidence and improving self esteem	Blogs, articles, and exercises Reading and exercises	
Centre for Clinical Interventions - Appearance Concerns	Website	Workbook to reduce concerns about your appearance .
Mental Health Foundation	Website	Podcast about how we think and feel about our bodies 36 minutes.
Centre for Clinical interventions- social anxiety	Website	Information and workbook of practical activities to help with social anxiety issues.

Centre for Clinical interventions- Assertiveness	Website	Workbook to develop assertiveness skills.
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Sexuality and Sexual Identity

Asexuality	Asexuality Archive Asexual Visibility and Education Network	<p>Articles, information, videos and more.</p> <p>Worldwide forum and resources.</p>
LGBTQ+	Stonewall LGBT Foundation Pink Therapy It Gets better Project Video- Documentary	<p>Organization campaigning for LGBTQ+ rights, resources training and toolkits.</p> <p>Offers helpline, therapy, befriending, sexual health screen from sexual health supplies and more.</p> <p>Independent therapy organisation working with gender, sex, and relationship diverse clients- also offers training and accreditations.</p> <p>Global organization aimed at empowering LGBTQ+ youth, forum, events, personal stories, and videos and more.</p> <p>Parents from around the world from many different countries and backgrounds including various religions discuss the experience of having a gay son or daughter revealing their sexual orientation.</p>
Everyone and Anyone		
Gender and Transgender		
Gendered Intelligence	Website	Gendered Intelligence is a charity which aims to improve understanding of gender diversity and improve the quality of trans people's lives.

NHS information about gender dysphoria	Website	NHS information about gender identity including a video about a trans man
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Problems with Sleep

Helping Yourself to Sleep	Podcast	11 minutes 12 seconds
Insomnia	Website	NHS information including sleep test.
Mental Health Foundation	Website	Information with practical strategies and suggested apps.
Sleep Self-help Resources	Website	Get self-help website practical tips and resources about sleep and many common problems.
University recommended resources to help sleep	Website	books and other self-help resources.

Resources for Managing Anger and Stress

Mind	Website	Anger Management Resources and advice about where to get help and find courses.
Verywellmind	Website	Eleven anger management strategies to help you calm down.
Mindremake Project	Website	Collection of seventy-five anger management resources including assessments, booklets, guides, and apps.
NHS Scotland	Website	Anger Management self-help guide.

Grief and Bereavement

NHS	Website	Information and help with bereavement and grief.
Talking Space- Oxford NHS	Website	Talking therapies, directory of services resources and self-help relating to loss and bereavement.
CRUSE Bereavement Support	Website	Range of support services face to face and online. Helpline, online chat, and other bespoke services.

Low Mood, Anxiety, Panic Disorders and Depression

Introducing Cognitive Behavioural Therapy for Low Mood and Depression	Podcast	Series of six podcasts which look at what depression is, how it can impact on students' lives and provide ideas and practical strategies to help.
NHS Self Help-Resources	NHS Website	Depression and Anxiety self-assessment Quiz with resources .
NHS Mood Zone	NHS Website	Information to read about common feelings, symptoms and behaviours associated with different mental health conditions including anxiety and depression with advice and self-help tools.
Centre for Clinical Interventions	Website	Contains workbooks, information sheets and activities to support people with anxiety, panic disorders and depression .
Mental Health Foundation	Website	Podcasts, articles, blogs and individual stories about depression, anxiety , and many other mental health issues.
Togetherall	Website	Online community for people to support each other anonymously re: mental health issues such as anxiety, depression and many more conditions. Also provides assessments, courses, journaling, and other resources to better understand and improve your own mental health and wellbeing.
Anxiety UK	Website	Charity which provides information, practical self-help, resources, discounted support for students.

I had a Black Dog	Video	Video from World Health Organisation about understanding depression .
Mood Gym	Website	Self- help Cognitive Behavioural Therapy Resources for help with anxiety, depression and more- subscription required .
CALM (Campaign against living miserably for Men)	Website	Website with services, resources, and support. Focuses on supporting men with depression and suicide prevention .
S.A.D.A- Seasonal Affective Disorder Association	Website	Information and self-help resources.
NHS Seasonal Affective Disorder	NHS Website	Information, symptoms, diagnosis, and treatment of S.A.D.
Mind	Website	A range of information and resources for seasonal affective disorder.
Oxford University	Website	Recommended books on depression and anxiety.
Centre for Clinical Intervention - Bi-Polar disorder	Website	Bi-Polar Disorder (Manic Depression) Information sheets, workbook with self-help resources. See also general information on depression.
Bi-Polar UK	Website	Offers support and advice by phone and email. Online community support, e-learning course and other resources.

Addictive Behaviours

Alcoholics Anonymous	Service	Provides support and meetings across the country.
Turning Point	Service	Oxfordshire drug and alcohol treatment service.
Narcotics Anonymous	Service	Help for people who have problems with drug use.
Frank	Website	Comprehensive and practical Information about drugs including festival guide and information about spiking.

Gamcare	Service	Support for people with gambling issues.
Relate	Service	Help for sexual addiction and excessive use of pornography. Provides therapy, blogs, and self-help resources.

Eating Disorders

NHS Advice for Eating Disorders	Website	Information about symptoms, causes and where to access help.
Centre for Clinical Interventions	Website	Resources- information sheet, workbook with practical exercises and advice.
BEAT- eating disorder charity	Website	Provides phone line, online support groups, information and advice to people suffering eating disorders and their families.
Fixers- eating disorders	Website	Personal testimonies, Self-help and where to find help for yourself and for members of the family.
Eatingdisorderhope- for men with eating disorders	Website	Information, advice, and research to help men with eating disorders.
Someday Melissa-	Film	Film about a young woman who succumbed to Bulimia.

Obsessive Compulsive Disorder

NHS self-help resources	Website	Information about symptom and treatment.
OCD Action	Website	Personal testimony, resources, advice about treatment, helpline, online support groups.
OCD UK	Website	Information, advice, research, and resources for people experiencing OCD and their families.

Self-Harm

Centre for Clinical Interventions	Website	Information sheets and workbook about tolerating distress and finding positive methods to cope.
NHS Self Help Resources	Website	Information about causes, support, and treatment.
Students Against Depression	Website	Self-Help resources and information about seeking support for yourself or others.
Centre for Clinical Interventions	Website	Information sheets and workbook to help deal with distress.
Harmless- centre for self-harm and suicide prevention	Website	Online referrals accepted. Support provided for individual and families.
List of self-injury support groups and services	Website	List of services across the U. K
Healthtalk.org- information about depression, self-harm, and suicide	Website	Information, personal stories, and testimony about people affected by self-harming, suicidal thoughts, and depression.

Suicidal Thoughts

“If you are thinking about suicide, read this first”- Metanoia	Website	Written by someone who wanted to commit suicide.
Mental Health Foundation	Website	Podcast about suicide prevention.
NHS Self- Help	Website and services	Phone and text lines for services which support people with suicidal feelings.
NHS - urgent mental health support	Website	Online tool will direct you to best immediate support for you- text or phone line
Oxford Samaritans	Website	Phone line and email support 24 hrs a day
Non- Urgent Mental Health Support phone lines	Nightline	Phone line for Oxford University and Oxford Brookes Students run by students for students operates in term time only 8pm-8am
Mind	Mind website and phone line	Phone line not 24 hours
Papyrus	Website and phone line	Phone line not 24 hours

Centre for Clinical Interventions	Website	Tolerating Distress - Information sheets and workbook- see also resources on depression.
Students Against Depression	Website	Practical resources for people experiencing suicidal feelings including making a safety plan and building a support network. Resources for those supporting someone with suicidal thoughts.
Healthtalk	Website	Information and resources about depression, self-harm and suicidal feelings and thoughts.
C.A.L.M - Campaign against living miserably	Website	Depression and suicide prevention support for men includes resources and service directory.

Rape, Sexual Violence, Childhood Abuse, Post Traumatic Stress Disorder

Oxford University Sexual Harassment and Violence Support Service	Service	Email: supportservice@admin.ox.ac.uk to arrange an appointment.
Oxford Sexual Abuse and Rape Crisis Centre	Service	Listening service, counselling support groups and drop-in sessions as well as resources.
It Happens Here	Organization and service based in Oxford	Organization works with all communities in Oxford to make it a safe place. Website contains information and support and survivor stories.
Rape Crisis UK	Service	24hr helpline for sexual abuse and rape. Range of resources and directory to find local service.
The Survivors Trust	Service	Live chat line, Information, resources, and self-help tools.
Pandora's Project	Service	Peer support from survivors from all backgrounds. Articles and information. This service does not provide counselling.
Dr Nina Burrows YouTube channel	Videos	Videos made by Dr Burrows to answer questions about sexual abuse and violence.

Sibling Abuse Survivors Information and Advocacy S.A.S.I.A.N	Service	Provides information and support re all types of abuse involving siblings.
David Baldwin's Trauma Information Page	Books	Variety of books for purchase including textbooks as well as self -help books about sexual abuse.
Psychologytools.com -post traumatic stress disorder resources	Website	Explanation and range of self-help resources including Eye Movement Desensitization and reprocessing
Getselfhelp.co.uk	Website	Self- help resources including downloadable book.
David Baldwin's trauma information pages	Website	A range of information and resources relating to different types of trauma.

Domestic Violence

Refuge	Service	24 hr Domestic abuse helpline, culturally specific services, advocacy, and community support.
Women's Aid	Service	Live chat, email, Survivors handbook and forum, training, and qualifications.
Victim Support	Service	Independent and confidential free advice about how to feel safer, your rights and entitlements.
Respect	Service	Phone line and support for victims for domestic abuse and perpetrators who are seeking to change their behaviour.
Men's Advice	Service	Phone line and other forms of support for male victims of domestic violence.
Galop	Abuse Service	LGBTQ support for people experiencing violence and domestic abuse. Phone lines, support, and resources.