

PHYSICAL AND MENTAL HEALTH RESOURCES - DOWNING MCR COMMITTEE

College Resources

Pastoral Support: College Tutor

Physical and Mental Health Support: College Nurse or Wellbeing Advisor

A Listening Ear: College Chaplain or Wellbeing Advisor

Emergency Support: College Porters

Peer Mental Health Support: MCR Welfare Officers

Free Physiotherapy: College Nurse

Detailed Student Support Resources are available on the College Intranet here:

<https://downingcollege.sharepoint.com/sites/Intranet/SitePages/Student-Support.aspx>

Urgent Support

Emergency Services: 999

University Security Office: +44 (0)1223 767444

Non-Life Threatening Urgent NHS Care: 111

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I need Mental Health Support

Student Support Page

<https://www.studentsupport.cam.ac.uk>

Cambridge SU Wellbeing Page

<https://www.cambridgesu.co.uk/advice/information/wellbeing/>

Cambridge SU Student Advice Service

<https://www.cambridgesu.co.uk/advice/student-advice-service/>

University Counselling Service

<https://www.studentsupport.cam.ac.uk/get-support/individual-counselling>

Online Counselling

<https://www.qwell.io/>

Support for LGBTQ+ Young People

<https://thekitetrust.org.uk/>

Confidential Night-Time Support

<https://cambridge.nightline.ac.uk/>

Samaritans

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

NHS Talking Therapies

<https://www.cpft.nhs.uk/talkingtherapies>

Suicide Prevention UK

<https://www.spuk.org.uk/>

Papyrus - Suicide Prevention

<https://www.papyrus-uk.org/>

I need Sexual Harassment Support

University Harassment and Violence Support

<https://www.studentsupport.cam.ac.uk/harassment-and-violence-support>

The Elms Sexual Assault Referral Centre

<https://www.theelmssarc.org/>

Cambridge Women's Aid

<https://cambridgewa.org.uk/>

REFUGE (Domestic Violence - Women and Children)

<https://refuge.org.uk/i-need-help-now/>

Respect - Men's Advice Line

<https://mensadvice.org.uk/>

Rape Crisis

<https://rapecrisis.org.uk/get-help/>

I need Space for Reflection

University Spaces for Reflection and Prayer

<https://www.equality.admin.cam.ac.uk/projects/faith-and-belief-practice/facilities-reflection-or-prayer>

College Chapel (and Chaplain)

College Multi-Faith/Meditation Room (Benet Place)

I need Disability or Long Term Health Condition Support

ADRC (University Support)

<https://www.disability.admin.cam.ac.uk/>

I need Drug and Alcohol Support

Talk to Frank (Drug Information)

<https://www.talktofrank.com/>

We Are With You

<https://www.wearewithyou.org.uk/>

Change Grow Live

<https://www.changegrowlive.org/drug-alcohol-service-cambridgeshire/cambridge>

I need Debt and Money Support

Citizens Advice Bureau

<https://www.citizensadvice.org.uk/debt-and-money/>

I need Sexual Health Support

Lime Tree Clinic

<https://www.sh.uk/clinic/lime-tree-clinic-cb13df>