

What **mental health support** is available?

College Resources - "I need someone to chat to"

Contact the Health and Wellbeing Team using the QR code to the right:

Contact the **JCR** Welfare Officers: Lizzie (ed592@cam.ac.uk) or Toby (tn364@cam.ac.uk); or the **MCR** Welfare Officers: Pranathi or Anne-Pia (mcr-welfare@queens.cam.ac.uk)

Contact the **Chaplain**: Revd Anna Jones (ahr23@cam.ac.uk)
Go to the porters lodge to chat with a **porter**
Contact your **tutor**



Helplines - "I am struggling and need urgent support"

Use the College Welfare Drop In Service, available **Monday to Friday 8.30-9.30 AM** and **1-2 PM** - just pop into the the Health and Wellbeing Centre in CC, Cripps Court

Help after **sexual assault**: Contact one of the HAOs, Tim, Jane or Jenny, at hao@queens.cam.ac.uk - you can always bring a friend or one of the Welfare Officers with you

Call the **Cambridge Nightline** between **7PM and 7AM: 01223744444**

There is a **duty tutor** available out of hours to speak to: ask the porters to contact them

Mind: <https://www.mind.org.uk/>

YoungMinds: <https://www.youngminds.org.uk/>

Beat Eating Disorder Charity: <https://www.beateatingdisorders.org.uk/>

LGBT+ support: <https://mindout.org.uk/> and **Transgender** support: <https://mermaidsuk.org.uk/>

Help with **self-harm**: <https://www.selfharm.co.uk/#help>

Call ChildLine if under 19: **08001111**

Help with **racial hate crime**: <https://www.race-equality.admin.cam.ac.uk/student-support>

Help with a **disability**: <https://www.scope.org.uk/helpline/>

Crisis Support - "I need immediate help"

Call **999** in an emergency, then call the porters (**01223335511**) to let them know an ambulance is coming, so they can support you whilst you wait

Call **111** and select **option 2** to talk to a mental health first-aider

Help with self-harm or suicidal thoughts: text **SHOUT** to **85258**

Samaritans: call **116123**

A mental health crisis is just as serious as a physical health crisis.

Use the QR code to the right to access all of this on your phone:

