

MCR Welfare Information



MCR Welfare Officers:



Jonathon Cushenan
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Lily Bentley
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Support within Corpus

College Tutors

College Fellows responsible for welfare advice. Each student is allocated to one of the Graduate Tutors: **Dr Patrick Zutshi**, **Dr David Sneath**, **Dr John Carr**, and **Dr Chris Brookes**. If you are unsure who your tutor is, please look at your personal page on CamSIS. To arrange to meet your Graduate Tutor, please contact **Tessa Milne**: tm560@cam.ac.uk, graduate-tutor@corpus.cam.ac.uk or 01223 338038.

Rev Andrew Bigg – College Chaplain

Drop by D4 or email: ab2495@cam.ac.uk
Confidential advice, be it spiritual or non-spiritual

Medical Services (For Emergencies call 999)

Local GPs (both have a team of practice nurses):

Newnham Walk Surgery (closer to Leckhampton)

Wordsworth Grove, CB3 9HS: 01223 366811

Trumpington Street Medical Practice

56 Trumpington Street, CB2 1RG: 01223 361611

NHS 111 service: 24 hr free non-emergency helpline

Supported by healthcare professionals

Out of hours GP: call 03301 239131

You can always visit your GP/practice nurse for a confidential chat, be it about your health, mental health, contraception, or other worries.

University Counselling Service

www.counselling.cam.ac.uk

Phone: 01223 332865

Email: reception@counselling.cam.ac.uk

Cambridge Student Advice Service

<http://www.studentadvice.cam.ac.uk>

Sexual Abuse, Harassment or Violence Services

www.breakingthesilence.cam.ac.uk: University resource portal for dealing with sexual misconduct, anonymous and formalised reporting procedures, support and resources available.

More information on the sexual assault harassment officer:

<https://goo.gl/SPTdSC>

Women's Aid: Call 08082 000247 (24 hr free) National service providing support and advice on domestic and sexual violence

Men's Advice Line: 0808 801 0327 (M-F, 9am-5pm)

Rape Crisis: (Wed-Thu 7pm-9:30pm, Sat 3pm-5:30pm, Sun 10am -12:30pm) Call 0808 8029999 for confidential help and support. Go to www.rapecrisis.org.uk (Women only)

Drug and Alcohol Addiction

Alcoholics Anonymous: Call 08009 177650

Email: help@alcoholics-anonymous.org.uk

Drinkaware: www.drinkaware.co.uk for information

Frank: National Drugs Helpline: 0300 123 6600 (24 hr)

Inclusion Cambridge: 0300 555 0101 (option 1 or 2)

Mental Health Support

Sane: Call 0300 3047000 (Open daily 6pm-11pm)

<http://www.sane.org.uk/>

Student Minds Support: <https://www.findsupportcam.com>

Mind: Call 0300 123 3393 (Open Mon-Fri, 9am-6pm)

<http://www.mind.org.uk> (Emergency advice online)

Centre 33 (< 25 only): Local group supporting young people in Cambridge (Can also provide counselling)

Call 01223 316488 <http://www.centre33.org.uk/>

Drop-in service 33 Clarendon Street

(Mon-Wed, 10am-5pm and Fri-Sat, 10am-1:30pm)

Sexual Health and Relationships Support

National Helplines and Information Providers

www.nhs.uk/Livewell/Talkingaboutsex/Pages/Ineedhelpnow.aspx - (Google "NHS I need help now sexual health")

For Local Services Including Confidential Check Ups / Contraception:

iCaSH Cambridgeshire: Call 0300 300 3030 (Lime Tree Clinic)

<http://www.icash.nhs.uk/where-to-go/lime-tree-clinic-cambridge>

DHIVERSE: Provides support and information for people with HIV/AIDS: Call 01223 508805

Free chlamydia test kits: <https://www.dontpassiton.co.uk/>

Sexual health supplies also available via CUSU, the welfare pigeon hole at Leckhampton House or contact a welfare officer.

Sexuality Support

Switchboard LBGT+ Helpline

Call 0300 330 0630 (Open 10am-10pm Daily)

www.switchboard.lgbt

The Kite Trust: A local Cambridgeshire organization

Email: info@kitetrust.org.uk Call: 01223 369508

CUSU's LBGT+ Website: www.lgbt.cusu.cam.ac.uk

Gender Trust: gendertrust.org.uk

MCR LBGTQ+ Officer: Rhys Hart, rkh30@cam.ac.uk

Eating Disorders Support

B-eat: National Helpline for eating disorders

Helpline: 0808 801 0677 (Mon-Fri 4pm-10pm)

Email: help@b-eat.co.uk

Listening Services

Samaritans: Confidential Emotional Support

Call 116 123 (24 hr service)

Nightline: Active listening service run by Cambridge students: call 01223 744444 7pm-7am

Email/IM/Skype/ arrangements available: cambridge.nightline.ac.uk