

Mental Health Support Services



Support in Oxford University

Disability Advisory Service: www.ox.ac.uk/students/shw/das

The Disability Advisory Service can provide information, advice and guidance on disability-related study support strategies, study needs assessments, Disabled Students' Allowances (DSA) and specialist mental health mentoring support.

Student Counselling Service: www.ox.ac.uk/students/shw/counselling

The Student Counselling Service is open on weekdays from 9.15am to 5.15pm. Appointments can be made by visiting the office at 3 Worcester Street, by phone on (01865) 270300, or e-mailing: reception@counserv.ox.ac.uk.

OUSU Student Advice Service: www.ousu.org/welfare/SAS

Thomas Hull House, New Inn Hall Street, Oxford

For general enquiries and information, email advice@ousu.org or telephone (01865) (2)88460. OUSU produces a number of publications relating to student health and welfare and much of this information is also available online.

The Vice-President (Women) co-ordinates a support group for people with eating disorders. For more information about the group see the website (link underneath) or contact the VP Women at women@ousu.org.
www.enough-oxford.org.uk

Mind Your Head (OUSU's mental health awareness campaign):
<http://mindyourheadoxford.wordpress.com/>

Student Nightline: <http://users.ox.ac.uk/~nightln> / tel: (01865) (2)70270

Confidential listening/information service for students by students, 8pm-8am (term-time).

Local sources of Support

The Oxford Student Mental Health Network: www.osmhn.org.uk

The ISIS Centre

Dartington House, Little Clarendon Street. Tel: (01865) 556648

Information, consultation and professional (NHS) counselling for anyone who is distressed by personal and emotional problems. No referral necessary, but you will need to make an appointment and there is a waiting list. Also holds lists of accredited counsellors/therapists etc in the area.

Oxfordshire MIND: www.oxfordshire-mind.org.uk

MIND in Oxford: (head office) 2 King's Meadow, Osney Mead, Oxford, OX2 0DP, tel: 263 730.

MIND in Oxford (day centre) The Mill, 46 Cowley Road, open 10-3 Mon – Thurs, Sun 11.15-3. Closed Sat & Sun. (Women only day centre) 331 Cowley Road.

MIND is the leading mental health charity in England and Wales. It provides a wide range of information and support to people with mental health difficulties. 15-19 Broadway, London, E15 4BQ. Tel: 020 8519 2122.

MIND information line 0845 766 0163.

Oxford Depression Support Group

Tel: (01865) 552640 (preferably evenings and weekends)

The Oxford Depression Support Group offers support to people with depression. Groups meet once a month.

Mental Health Matters Resource Centre

Manzil Way, PO Box 1476, OX4 9DG. Tel: (01865) 728981
Drop-in centre for information and advice on mental health.

Oxford Friend Lesbian and Gay Helpline

PO Box 137, East Oxford DO, Oxford OX4 1ZJ, Tel: (01865) 726893.

Lines open 19:00 to 21:00 Tuesday, Wednesday and Friday You might also want to call the London Lesbian and Gay Switchboard (tel 020 7837 7324), which is open 10.00 to 23.00.

Oxford Sexual Abuse and Rape Crisis Line

Tel: (01865) 726295.

Lines open Monday and Thursday 18:30 to 21:00, 11.30am-2pm Friday, Sunday 18:00 to 20:30. Offers telephone and face-to-face counselling, and also organises Survivors Groups.

Eating Distress (face-to-face)

Free counselling service for any issue including eating disorders, for people up to the age of 25. Funded by the County Council, and able to give advice in East Oxford at the Lifelong Learning Centre, Collins Street (behind Tesco), OX4 1EE. The centre has a waiting list and accepts referrals direct from individuals. They are open during daytimes, Monday to Friday. Tel: (01865) 251000 and 01295 273000.

Overeaters Anonymous

Open to people with any kind of eating disorder. Holds regular meetings at 7.30pm in the Oxford Community Centre, Botley Road, Oxford, OX2 0BT. More information is available from Delores on 0794 6581590.

For national information call PO Box 19, Stretford, Manchester, M32 9EB, Tel: 0700 784985 for details of support groups in Oxfordshire.

A-Z of National Services and Websites

BBC Mental Health Website:

www.bbc.co.uk/health/emotional_health/mental_health

B-Eat (Eating Disorders Association): www.b-eat.co.uk/Home

Provides information, help and support across the United Kingdom, for people whose lives are affected by eating disorders.

103 Prince of Wales Road, Norwich, NR1 1DW, email help@b-eat.co.uk

Adult Helpline: 0845 634 1414 (Mon to Fri 10:30am - 8:30pm, Sat 1:00pm - 4:30pm, Sun ~ Closed, Bank Holidays 11:30am - 2:30pm)

Depression Alliance: www.depressionalliance.org

Mental Health Foundation: www.mentalhealth.org.uk

Provides information on mental health issues and undertakes research into mental health.

NHS Direct: www.nhsdirect.nhs.uk

To find out more about the NHS, treatment options, extra contractual referrals and out of area treatment services phone 0845 4647.

Rethink: www.rethink.org / telephone 0845 456 0455.

Provides a wealth of information about mental health issues to people with mental health difficulties, carers and health professionals. Further information: 28 Castle Street, Kingston upon Thames, Surrey, KT1 1SS.

Royal College of Psychiatrists

<http://www.rcpsych.ac.uk/mentalhealthinfoforall/problems>

Readable and well-researched information for the public.

Samaritans: www.samaritans.org / telephone: 08457 90 90 90

60 Magdalen Road, Oxford, OX4 1RB

Confidential listening service open to receive callers: 8am - 10pm.

Sane: www.sane.org.uk / telephone 0845 767 8000

Sane offers practical information, crisis care and emotional support to anybody affected by mental health problems. The service is open from 6pm to 11pm every day.

Students Against Depression: www.studentdepression.org

Students in Mind: www.studentsinmind.org.uk

Student Mental Wealth Project: www.mentalwealthuk.com

Student Run Self-Help (supporting students with eating disorders):
<http://studentrunselfhelp.weebly.com/>

Disability Advisory Service

E-mail: disability@admin.ox.ac.uk

Website: www.ox.ac.uk/students/shw/das

Tel: +44 (0)1865 280 459

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