

## Health and welfare support information for JCR, MCR & Visiting Students staying in college for Hilary Vacation 2026



### College/university support that changes during vacation

- [JCR Peer Supporters and Welfare Reps](#) are available during **term time only**
- [Assistant Deans](#) are available in **weeks 0-9 only** every evening 19:00-08:00 contact via the Lodge 01865 274 800.
- [College Nurse](#) is available until the **end of week 9**, returning week 0 of Trinity term on **Monday 20<sup>th</sup> April**.
- [Dean of Welfare](#) is available Mon, Tue, Weds, Thu 09:00-14:00 until **Wednesday of week 10**, returning week 0 of Trinity term on **Monday 20<sup>th</sup> April**.
- [Nightline](#) is available 20:00-08:00, **weeks 0-9 only** for phone, instant message, or skype T:01865 270 270, 16 Wellington Square, Oxford.
- The [University Counselling Service](#) will be available 09:00-17:00 Monday-Friday during the vacation. They **close at 5pm on Wednesday 1<sup>st</sup> April, reopening 9am Tuesday 7<sup>th</sup> April**.



### College Lodge

**01865 274 800** The Lodge is staffed 24hrs a day 7days a week throughout the year



### Medical Support

For **urgent but non-emergency** medical advice dial **111** or visit [111.nhs.uk](https://111.nhs.uk)

In a [medical emergency](#), where someone is seriously ill or injured and their life is in danger, dial **999** (then please inform the Lodge so they may direct the emergency service to your location)

For medical concerns you may contact the [college doctor](#)

Dr Leaver and Partners, Jericho Health Centre, New Radcliffe House, Walton Street  
(T) 01865 311234 / (T) 111 out of hours or (E) [jerichohc.prescriptions@nhs.net](mailto:jerichohc.prescriptions@nhs.net)

**The surgery is closed on Friday 3<sup>rd</sup> April and Monday 6<sup>th</sup> April.**

[Pharmacists](#) can offer clinical advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, sore throats, tummy trouble and aches and pains. The [nearest pharmacy](#) is on Woodstock Road opposite the Lodge.



### Mental Health/Welfare support

For **urgent but non-emergency** mental health advice dial **111** or visit [111.nhs.uk](https://111.nhs.uk)

In an [emergency](#) where someone is seriously ill, and their life is in danger dial **999** (then please inform the Lodge so they may direct the emergency service to your location)

For mental health concerns you may contact the [College Doctor](#)  
Dr Leaver and Partners, Jericho Health Centre, New Radcliffe House, Walton Street (T)  
01865 311234 / (T) 111 out of hours or Email: [jerichohc.prescriptions@nhs.net](mailto:jerichohc.prescriptions@nhs.net)  
**The surgery is closed on Friday 3<sup>rd</sup> April and Monday 6<sup>th</sup> April.**

The [University Counselling Service](#) offers free and confidential support, but it is not an emergency service. You may make an appointment by email [counselling@admin.ox.ac.uk](mailto:counselling@admin.ox.ac.uk) useful podcasts and resources are available on their website.

[Oxford Samaritans](#) are there to listen, if something's troubling you, get in touch by telephone, email or visit to speak to someone face to face, even if you are worried about someone else. Call 116 123 (this number is free to call) or Email: [jo@samaritans.org](mailto:jo@samaritans.org)  
Visit the Oxford branch: Samaritans Oxford, 60 Magdalen Road, Oxford, OX4 1RB  
T:01865 722 122 (local call charges apply) Open 7 days a week 8:00am - 10:00pm and wheelchair accessible.

[Oxford Safe Haven](#) is out-of-hours, non-clinical space offering crisis support, signposting, safety planning and listening support. If you experience mental health crisis, you can get support by calling 01865 903 037 between 5pm-9pm on the day of entry. You must call first. Open 7 days a week from 6pm-10pm.

[Talking Space Plus](#) offers a range of FREE talking therapies through the NHS to people registered with an Oxfordshire GP.

[Togetherall 24/7](#) offers opportunity to connect with other students experiencing similar issues through online forums. You can also access advice and self-learning courses. Register with your university email account.

[Students Against Depression](#) is a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking. Alongside clinically validated information and resources it presents the experiences, strategies and advice of students themselves.



## Sexual Harassment and Violence Support

### [University Sexual Harassment and Violence Support Service](#)

Free support and advice to any student affected by sexual harassment or violence, whether the experiences happened in Oxford or elsewhere, recent or in the past. Contact an advisor at [supportservice@admin.ox.ac.uk](mailto:supportservice@admin.ox.ac.uk)  
The service is open throughout the academic year

### **External Sexual Harassment and Violence Support**

[Oxfordshire Survivor Space \(previously OSARCC\)](#) - for women dealing with the effects of sexual abuse, assault or violence

[Survivors UK](#) - for men dealing with the effects of sexual abuse, assault or violence

[Rape Crisis UK](#) - for anyone affected by sexual violence, assault, or abuse