

Health and welfare support information for students leaving 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 20th 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 20th 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 1st April, reopening 9am Tuesday 7th 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

In a [medical emergency](#), where someone is seriously ill or injured and their life is in danger, dial **999**

For medical concerns you may contact your '**home**' GP as a temporary patient. If you have queries about repeat prescriptions or specialist referrals, then speak to the [College Doctor](#) (T) 01865 311234 / (T) 111 out of hours or (E) jerichohc.prescriptions@nhs.net
The surgery is closed on **Friday 3rd April and Monday 6th 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.



Mental Health/Welfare support

For **urgent but non-emergency** mental health advice dial **111** or visit 111.nhs.uk

In an [emergency](#) where someone is seriously ill, and their life is in danger dial **999**

For mental health concerns you may contact your 'home' GP as a temporary patient. If you have queries about repeat prescriptions or specialist referrals, then speak to the [college doctor](#) (T) 01865 311234 / (T) 111 out of hours or Email: jerichohc.prescriptions@nhs.net

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 useful podcasts and resources are available on their website.

[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

[Befrienders Worldwide](#) are an **international listening service** with emotional support for anyone who is feeling suicidal or is experiencing misery, loneliness, despair or depression. Available in 44 languages wherever you are in the world. Members and volunteers around the world provide confidential support to people in emotional crisis or distress, or those close to them.

[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

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