



SUPPORT AVAILABLE TO HOMERTON STUDENTS

Produced by Sandy Chambers
Homerton Student Health Advisor



Academic Year 2022/23

Contact Details

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Support available through College

There are a variety of people available to support students through times of difficulty at Homerton.

Sandy Chambers is the **Student Health Advisor (qualified Nurse Practitioner)** She is available for consultation for any health related concerns including mental health worries.

Appointments are available either online/remote or in person. To book an appointment visit:

<https://rushcliff.com/ob/homertonhealthcentre>

You can also drop by the health centre in West House for a sit and wait appointment,

The student health advisor is available Monday, and Friday 9:45-1pm, Tuesday 09:45-1pm and 2:15 – 5:45pm and Thursday 9:45-12pm and 2:15-5:45pm.

Please do not attend in person if you have a fever or other Covid symptoms. Your appointment will revert to remote.

Your College tutor can also provide welfare support

My college tutor is:

College counsellors: Catherine Snelson
cs780@cam.ac.uk

Carol MacIntyre Jones **cm489@homerton.cam.ac.uk**
(PGCE counsellor only)

Well being coordinator-recently appointed– For information about college well being activities

Student Welfare Officers: We have 3 welfare officers who can offer students advice and support; phone 0787631717 until 5:30pm or follow HUS welfare page

Support available from the University

Cambridge University Counselling service:

The Student Counseling Service is available to all undergraduate students and graduate students.

www.counselling.cam.ac.uk

Tel: 01223 332865

Nightline: is the student run active listening service for Cambridge and Anglia Ruskin Universities. You can call anytime between 7pm and 7 am every night in Cambridge University full term. [Nightline | We'll listen, not lecture](#) tel :01223 744444

Student Advice Service: Offers free confidential and independent advice, support and representation to all Cambridge University students.

Tel: 01223 746999 or

www.studentadvice.cam.ac.uk

Accessibility and Disability Resource Centre

(ADRC): Provides information and support to students with long term difficulties at www.disability@admin.cam.ac.uk. This includes producing student support documents and information about exam adjustments, ADHD and Autism

Mental Health Advice Service: Mental Health Professionals available to support students with a mental health diagnosis such as bipolar and schizophrenia. Referral only by the college counsellor student health advisor or your tutor. **No direct self referral.**

Support Available Locally and Nationally

NHS Service

Your doctor at your local GP surgery can be contacted on

Out of hours medical advice ring 111

Mental health Crisis 111 select option 2 when prompted for urgent professional mental health support

Apps for self care

Calm Harm: App for self-harm care /self-help.

In hand: App to help you through acute stress or low mood.

Catch It-Learn how to manage feelings like anxiety and depression, turn negative thoughts into positive ones.

Mindshift: App for Anxiety self -care.

Calm: For mindfulness and helping with sleep

Websites:

<http://studentsagainstdepression.org> A website aimed specifically at students with useful information including how to deal with suicidal thoughts.

<https://kooth.com/> Free, safe and anonymous online support for young people (under 25)

<https://studentspace.org.uk>– from student minds, text, email, webchat support and specialist support for Muslim, Punjabi, trans students

[https://www.nhs.uk/conditions/stress-anxiety-depression/called Mood zone](https://www.nhs.uk/conditions/stress-anxiety-depression/called-mood-zone) for self care for anxiety and or depression.

CAMEO: Early intervention 1st episode psychosis 01223 341510

Beat help with eating disorders :[0808 801 0711](tel:08088010711) or www.beateatingdisorders.org.uk.

Samaritans : tel **116-123** 24 hour confidential non judgemental emotional support, particularly if feeling suicidal.