

## Information on Sources of Support

The Oxford Mindfulness Centre offers mindfulness courses to help people to learn to deal skilfully with the stresses and strains of daily living. However, as an organisation, we are unable to offer people individualised support for specific issues you experience before or after taking part in one of our courses. Below are some useful sources of support within Oxford University and other local organisations, and their relevant contact information. If you need immediate help or support we recommend getting in touch with your General Practitioner, or a trusted member of staff from your college.

### Oxford University Health and Welfare Services

The main source of welfare information for students can be found on the [Oxford University Health and Welfare](#) page. This site provides links to a range of welfare services within the University and includes a link to the [University Counselling Service](#) website. Here students can access a range of comprehensive information on the services they offer to students including workshops/groups and other supportive resources, such their award winning podcast series.



### Samaritans

If you need to speak to someone urgently, the Oxford Samaritans offer emotional support 24 hours a day. Get in touch with their local branch: 01865 722 122 (local charges apply); or national telephone: 116 123 (this number is free to call). Alternatively, you can get in touch via their email: [jo@samaritans.org](mailto:jo@samaritans.org). Visit <http://www.samaritans.org> for more info.

You can also visit their local branch in person (60 Magdalen Road, OX4 1RB). Their usual hours open to receive callers at the door are 8:00am – 10:00pm.



## Oxford Nightline

Oxford Nightline is a completely independent listening, support, and information service run for and by students of Oxford and Oxford Brookes universities. They are available from 8:00pm – 8:00 am, 0<sup>th</sup> week to 9<sup>th</sup> week during Oxford term time. Get in touch by calling: 01865 270 270, or using their Skype or Instant Messenger services. Visit <http://oxfordnightline.org/talk> for more info.

You can also visit their local branch in person (16 Wellington Square, OX1), during opening hours (8:00 pm – 8:00 am). They have comfortable chairs, a warm office, and an unlimited supply of tea and biscuits.



## TalkingSpace Plus

TalkingSpace Plus is an NHS service for adults aged 18 and over who are registered with an Oxfordshire GP. They offer a range of talking treatments and wellbeing activities that help people overcome anxiety and depression and stay well.

Visit <http://talkingspaceplus.org.uk/> to find out more.



## NHS

Call 999 if you or anyone you know is seriously ill, injured, and/or their life is at risk. You can also now call 111 if you urgently need medical help or advice but it's not a life-threatening situation, for instance, if your GP is closed.

