

BUMPER WELFARE DOC

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College Level

For an outline of welfare at Emma, visit the official [Emma website](#), which explains the role of tutors, the tutorial office, the porters, the college dean, the college counsellor, the advisor to women students and the system of college parents.

* The college [Welfare Officers](#) can help point you in the right direction of who best to talk to. Don't be scared about talking to them if you have a problem! You can contact them via email at welfare@ecsu.org.uk (which goes to both officers) or, if you only want to contact one welfare-male@ecsu.org.uk and welfare-female@ecsu.org.uk. They can also be send anonymous feedback via the ECSU website (choose 'anonymous feedback' from the drop-down menu of 'current students').

* While your Director of Studies (DoS) is who to turn to for subject-related queries, your tutor is who to turn to for non-subject-related queries. Contact details for all the tutors can be found [here](#).

* The college nurse, Diana Lloyd, can be found in 'Sick Bay' at the bottom of the stairs leading to the Old JCR.

Opening times are as follows:

Mon- 1-2pm, 5:30-6:30pm

Tues - 1-2pm, 5-6pm

Wed – 1-2pm, 4-5pm

Thurs – 5-7pm

Fri – 1-2pm, 5:45-7:15pm

Sat – by appointment

Sun – on call 9:30-10am, 8-8:30pm

If you have a more serious physical illness, make an appointment to visit your GP. (You should register with a doctor soon after arriving in Cambridge.) Also check out the [NHS website](#) for general health advice.

* We do have a college counsellor, Ann Hughes, who can be contacted by email (ah300@cam.ac.uk), by phone (01223 330491) or visited during a drop-in period (Room 11, 55 St. Andrew's St.; Mondays 4-5pm, Fridays 12-1pm).

Some people have found the college counsellor very helpful; others have found her style of counselling less suited to their needs. If the latter is you, don't worry; try the [University Counselling Service](#). For information regarding other CUSU and university support services, see below (and visit the ECSU website's section on [CUSU welfare](#)).

University and National Level

* [Student Advice Service](#)

This is a very useful site on general student advice, covering everything from cycling safety to drugs, pregnancy to eating disorders, mental health to sexual health. It even has a section about exams, and study skills and support. Overall, it is a VERY useful [website](#), and we strongly recommend everyone to give it a read.

* CUSU also has a welfare officer, in charge of managing welfare at a university level. The current welfare officer can be emailed at welfare@cusu.cam.ac.uk or contacted by phone (01223 333 313) weekdays 9am - 5pm (NB: this is the general CUSU reception number, so ask to speak to the Welfare Officer when you get through).

* The [University Counselling Service](#)

Further information about this service, which is based at 2-3 Bene't Place, Lensfield Road, can be found on [their page](#). Though there is a waiting list, this can be short depending on your availability of times and the reason you require counselling. Download and fill in a 'pre-counselling form' to apply. Many students have found this service useful and it deals with a variety of different things, from phobias to depression. Whatever it is, they'll do their best to help. More information can also be found on this from yellow leaflets in the ECSU shop.

* When other counselling services close for the night, [Linkline](#) is where to turn. It's open all night, from 7pm-7am, for a chat (01223367575 / 01223 744444). Alternatively, they can be emailed (Linkline@cusu.cam.ac.uk), and they even accept drop-ins to their office (at 17 St. Edward's Passage, just round the corner from the HSBC on Market Square) between 7pm and 11pm. It's great for talking about whatever it is bothering you, free from worry of being judged, and when other counselling services have closed for the night. It is an anonymous service run by students trained to listen. So, don't stress in silence. If you'd prefer not to talk to a friend, don't want to try counselling, just need to talk to someone as a one-off, or maybe want to talk about a friend you are worried about: Linkline is where to turn.

* Regarding mental health, there are also many national services and campaigns. [Mind](#), a mental health charity, is a very useful resource. [Their YouTube Channel](#) also contains important stories about depression, panic attacks, OCD and more, so you can never feel alone and can help to understand what you – or a friend – is going through.

* Sexual Health

- Accessing condoms

Condoms are available for free in college from the shop (*we are currently trying to get them put in the dispenser in the Old JCR but a previous welfare officer has lost the key.*) Alternatively, you can access free condoms at the [CUSU Office on the New Museum Site](#). This is a better option given that you can pick up 6 in one visit – just ask the receptionist on duty.

-Using condoms

The NHS also has some [important tips](#) on using condoms, if you are using them for the first time or want to make sure you are using them more effectively:

[The two key points are probably that using two condoms simultaneously lessons rather than increases protection, and that only water-based lubricants should be used, NOT oil-based lubricants (such as Vaseline, moisturiser or body oil) since these disintegrate latex condoms.]

- Other sexual health advice

If you are worried about your sexual health, go to the [Student Advice website](#) to find some useful links.

If you think you might be pregnant, request a pregnancy test from the [Emma Women's Officer](#) and visit the Student Advice service's [page on Pregnancy](#).

* Trouble sleeping

In times of stress, such as exam term, insomnia can be quite common so don't feel alone if you are having trouble sleeping. The [NHS page](#) provides some useful information. Some tips to treat insomnia include relaxing in the hour before bedtime (don't work in bed!), drinking bedtime teas which contain camomile or valerian root (such as the yogi Bedtime Tea), listening to relaxing [natural sounds music](#) to help you get to sleep, and installing [f.lux](#) on your computer, which limits the amount of blue light as your bed time approaches, switching to red light instead which, unlike blue light, does not keep you awake. If these do not work, you may require further advice from your GP, or speak to a counsellor about having cognitive behavioural therapy.

Sleeping tablets, though not solving the cause of the lack of sleep, can sometimes help, though natural ones like valerian-root-based herbal tablets are usually preferable to prescription drugs, which have greater risk of side effects and dependence. Both 'natural' and prescription drugs should be taken with caution though and only for a temporary period, and you should see your GP for more information.

* Eating disorders

If you think you or a friend might have an eating disorder, [b-eat](#) is a very useful website, with links to more information about the disorder and various support services such as message boards, helplines and support groups.

*Disabilities

If you have a disability, the [Disabled Student's Campaign page](#) may be of interest, which contains, among other things, a link to their [Facebook group](#).

The college also has a disability officer, Angela Elliot, who can be contacted via email (ae215@cam.ac.uk). She can also help with arranging exam special conditions, if you have to take your exams in college, for example.

* Drugs (incl. alcohol)

Alcohol can sometimes seem to be a central part of university life, but it can become a problem. If you think you, or a friend, is struggling with an alcohol or drug addition, go to the [Student Advice page](#) or [ECSU website](#) on **Drugs and Alcohol**, which contain links such as to Alcoholics Anonymous and Talk to Frank which are both useful, non-judgemental, national services.

* Campaigns

There are also numerous noteworthy student movements in Cambridge, promoting talk and the sharing of experiences, and student solidarity. A list of those endorsed by CUSU can be found [here](#), and further interesting campaigns and groups can be found below:

- [This Space](#)
- [Cambridge Speaks its Mind](#)

- [Student Minds](#)

Exam/Easter/'Swimming Pool' term

Though exams are unavoidable, and fairly stressful, don't get unnecessarily stressed. Exam term – aka 'swimming pool term' – is full of welfare events to brighten your days of revision: Zumba classes, afternoons of bouncy castle fun, sunbathing by the pool, BBQs, tennis on the paddock, tea and cake, yoga and more [NB: exact timetable of event varies from year to year, depending on the welfare officers]. As of this year, we even have inflatables for the pool now! Lectures peter out, so you finally have time to consolidate some of the vast amounts of material that have been thrown at you. It's not like GCSE or A-Level, when there is a syllabus. With Tripos exams there is so much to learn that no one ever feels entirely prepared. So, don't worry, you are not alone. There is an element of luck in exams as well, regarding which questions come up, some people are just better at writing under pressure than others; your result does not define you, nor what you know or are capable of. Lots of exam advice will come throughout term: ECSU print exam advice booklets, and your Director of Studies will provide you with further information. Then, after exams, comes May Week (which is actually, confusingly, in June), a glorious time of enjoying Cambridge without any work to do when you can just reflect on all the wonderful things you've done over the last year, and how you've grown as a person.

So, if you have a welfare-related problem, speak to the current college Welfare Officers, who can point you in the right direction of who to talk to, or go directly to one of the links found on this page. We hope you greatly enjoy your time at Cambridge. May the highs be many, and the lows be few and worked through quickly, making you ever stronger in the end.