**LMH Wellbeing Support**

**Do you need help with...**

- **...an emergency?**
  - 999 (Police, medical / mental health emergency)

- **...a (non-urgent) medical issue?**
  - College GP
  - College nurse

- **...mental health / general wellbeing?**
  - Heads of Wellbeing
  - College nurse
  - Junior Deans (evenings & weekends)

- **...an academic issue?**
  - Senior Tutor
  - Personal Tutor
  - Academic Office
  - Study Skills Lecturers

- **...harassment or bullying?**
  - College Harassment Officers
  - Heads of Wellbeing

- **...financial support?**
  - Student Finance Officer

- **...a disability?**
  - Student Support Coordinator

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**If you would prefer to speak to a peer:**

- **College Support**
  - JCR & MCR reps
  - Peer Supporters (trained by the Counselling Service)

- **University Support**
  - Nightline (8pm-8am)

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For further information and contact details, go to [lmh.ox.ac.uk/wellbeing](http://lmh.ox.ac.uk/wellbeing)