



LMH Wellbeing Support



Do you need help with...

...an emergency?

...a (non-urgent) medical issue?

...mental health / general wellbeing?

...an academic issue?

...harassment or bullying?

...financial support?

...a disability?

999 (Police, medical / mental health emergency)

College GP

Heads of Wellbeing

Senior Tutor

College Harassment Officers

Student Finance Officer

Student Support Coordinator

College nurse

College nurse

Personal Tutor

Heads of Wellbeing

Lodge Staff

111 (out of hours medical & mental health support)

Junior Deans (evenings & weekends)

Academic Office

The Dean

Junior Deans (evenings & weekends)

Study Skills Lecturers

For further information and contact details, go to lmh.ox.ac.uk/wellbeing.

If you would prefer to speak to a peer:

College Support

JCR & MCR reps

Peer Supporters (trained by the Counselling Service)

University Support

Specialist Peer Supporters (Rainbow Peers, Disability Diversity Peers, Peers of Colour, Peers of Faith).

Nightline (8pm-8am).