Welfare Resources in Oxford

Oxford can often be a bit overwhelming when you first get here, so here's a list of some of the resources and groups available to give you a hand if you need them. This list is by no means exhaustive, but you can always contact us (the Drs WHO) if you want something more specific :)

In College

The Dean (Doug Dupree): Doug's job in Balliol is to make sure that everyone is doing okay. He's really lovely and very approachable, and if you ever have a problem he'll always try his best to help you out.

The college nurse: the college has a nurse who visits daily, who you can go to for any medical advice, without needing to book an appointment. You'll meet her in Fresher's week, and she'll tell you more about what she does then.

The Drs WHO: Our job is to run welfare activities in College, and be a source of advice and help within the student community. We'll be able to help you get settled in for Freshers' week and will be around most of the week if you want to come talk to us about anything. We'll introduce ourselves early in Freshers' week, so you'll know who we are :)

Alex Curran	alexander.curran@balliol.ox.ac.uk	Staircase 17, room 3
Alice Hallewell	alice.hallewell@balliol.ox.ac.uk	Living out

The Welfare subcommittee: the Welfare subcommittee (WSC) are there to help out the Drs WHO with welfare around Balliol, but they are more targeted. The WSC consists of Womens' Officers; LGBT Officers; Academic Affairs Officers; Ethnic Minorities and Overseas Officers; and Students with Disabilities Officers. They each have specific responsibilities and you'll find out more about them in Freshers' week.

In Oxford

Student advice service: Run by OUSU (the student union), the SAS is a really useful source of information or advice for any matter in Oxford. The people who run it are really helpful, and it's a totally confidential service.

Email: advice@ousu.org Phone: (01865 2)88466[1]

Counselling service: The counselling service is run by the University and is free for all students. It's really useful if you want to talk through any issues you may be having. Waiting times are often fairly long (1 – 3 weeks).

Email: reception@counserv.ox.ac.uk Phone: 01865 270300

[1] If you're phoning from a phone in College, ignore the bracketed numbers. However, if you're using a mobile phone, you'll have to punch them all in