

There are a number of resources available to you to assist with your mental wellbeing while studying at Cambridge.

Within CDS, your COURSE ADMINISTRATOR is available to help with any queries you have and to point you in the right direction if needed.

The NHS has self-help workbooks to help with mental health concerns. Nightline is a confidential night time listening support service run by students for students at Cambridge and Anglia Ruskin, available during the night in term time (7pm-7am).

The Student Advice Service offers free, confidential, and impartial advice and support to all Cambridge University students - undergraduate, graduate and postgraduate - from any College or course.

Your first port of call will often be your COLLEGE. Your college is responsible for your pastoral support and there are a number of people there to help you: Tutor, Tutorial Office, College Nurse, Chaplain, student MCR welfare officers. Find out early on who these people are so you know who to approach if you need them later on.

Also within CDS, your ACADEMIC SUPERVISOR is there to discuss your progress on the course and answer academic queries. The COURSE DIRECTOR is another source of support.

If difficulties start to have a serious impact on day-to-day living, seeking professional and specialist support in the form of counselling can be very helpful. The University Counselling Service provides free, specialist mental health interventions through a professionally staffed confidential service to students experiencing psychological distress. They have also written some self-help guides. Please be aware the UCS is not an emergency service.



W E L L N E S S

AT CAMBRIDGE