**BNC Welfare Support 2023-24: Where, Who, and When?**

**Help in an emergency**

**Immediate medical attention – examples:**

Serious physical injury or accident? Somebody very ill? Suicide attempt or serious self-harm? Mental health crisis (hearing voices, hallucinating, totally lost control of situation)?

**Call Porter’s Lodge for First Aider**

01865 277 830

**Call 999 – for ambulance.**

Porters will raise a Junior Dean to offer assistance.

**Immediate help with safety - examples:**

Are you or is someone you know feeling unsafe? Is there a fire?

Are you witnessing some dangerous behaviour?

**Have you experienced yourself or witnessed another person receiving unwelcome sexual attention of any kind?** Please see the College Sexual Violence and Harassment Response Flowchart on the next page, and for more information go to:

<https://www.ox.ac.uk/students/welfare/supportservice>

**Help during evenings, weekends or in the vac**

**Is it the weekend or an evening during term time and it can’t wait until daytime Mon-Friday 9am-6pm?** During evenings and at weekends contact a Junior Dean via the porter’s lodge. (On a Sunday the Chaplain is also available). A Peer Supporter or Welfare Rep might be able to see you during the day or on a weekend. **Is it in the vacation Mon-Fri 9am-6pm?** choose a green box from page 3 of this leaflet. **If it is out of these hours in the vacation and it can’t wait until Mon-Fri 9am – 6pm** phone the porter’s lodge 01865 277830 for further assistance.

**Call Porter’s Lodge for security -** 01865 277 830

**Call 999 – police (or fire brigade in case of fire)**

**Call University Security Services emergency line – 01865 289999**

**Call Porter’s Lodge**

01865 277 830

**Call 999 – police or contact Sub Dean** via porter’s lodge if you do not wish to contact the police.

**Victim of or witness to a crime?**

Have you experienced or witnessed a criminal offence?

**A screenshot of a poster

Description automatically generated**

**Issues big or small when it’s not an emergency**

**it can really help to talk things over**

**SPIRITUAL & RELIGIOUS SUPPORT** **Do you want to be linked in with your own faith community or discuss spiritual issues?** Contact the Chaplain [chaplain@bnc.ox.ac.uk](mailto:chaplain@bnc.ox.ac.uk)

**FINANCIAL SUPPORT Are you having financial worries?** See Finance Bursary in St Mary’s (near the JCR) or email [college.accountant@bnc.ox.ac.uk](mailto:college.accountant@bnc.ox.ac.uk)

**HEALTHCARE and FIRST AID Is it a medical problem that does not need immediate attention?** See a College Doctor at Jericho Health - 01865 311234 (term time or vacation) or the College Nurse (weeks 0-9) ASAP [college.nurse@bnc.ox.ac.uk](mailto:college.nurse@bnc.ox.ac.uk) /phone her via the lodge. **Is one of your friends in need of help?** Call Porter’s Lodge for Junior Dean help (in term) 01865277830

**MENTAL HEALTH OR EMOTIONAL SUPPORT Would you like to talk to someone who isn’t one of Brasenose or University staff?** Please speak to a friendly Peer Supporter, Welfare Rep or Junior Dean in term time. **Need confidential listening or signposting to other forms of support?** Contact Chaplain [or](mailto:chaplain@bnc.ox.ac.uk) Sub Dean. **Want to explore counselling options?** Contact our Student Support Adviser, Dr Sebastian Petzolt: [studentsupport@bnc.ox.ac.uk](mailto:studentsupport@bnc.ox.ac.uk), your GP or the Oxford University Counselling Service:[counselling@admin.ox.ac.uk](mailto:counselling@admin.ox.ac.uk)

**ANTISOCIAL BEHAVIOUR Have you or someone you know experienced discrimination, hatred, bullying, harassment?** Contact one of our college harassment officers: the Dean, Sub Dean, Chaplain, Senior Tutor, Dr Anne Edwards. **If you would like to speak to someone outside of college or someone who identifies as LGBT** phone: 01865 270760 or email [harassment.line@admin.ox.ac.uk](mailto:harassment.line@admin.ox.ac.uk) or see: <https://edu.admin.ox.ac.uk/support#collapse1231811>

**Is someone making a lot of noise after hours?** Call 24/7 Porter’s Lodge for a Junior Dean to restore quiet hours in term or a porter to do so in vacation.

**ACADEMIC SUPPORT Are you struggling with your academic work or deadlines?** Contact your Tutor, the Senior Tutor, the Chaplain, or the Sub Dean in or out of term.

**Are you struggling with academic writing?** In term time contact our writing fellow, Kirsty Gunn: [kirsty.gunn@rlfeducation.org.uk](mailto:kirsty.gunn@rlfeducation.org.uk) orour Study Skills Mentors: [study.skills@bnc.ox.ac.uk](mailto:study.skills@bnc.ox.ac.uk)

**DISABILITY SUPPORT Need academic support or exam adjustments?** Email the College Office: [college.office@bnc.ox.ac.uk](mailto:college.office@bnc.ox.ac.uk). **Have questions regarding accommodation or food provision?** Email the Domestic Bursar: [domestic.bursar@bnc.ox.ac.uk](mailto:domestic.bursar@bnc.ox.ac.uk)

**Student Handbook (Blue book) College Policies**

A qr code with a few squares

Description automatically generatedA qr code with black squares

Description automatically generated

**Useful College Welfare Contacts**

|  |  |
| --- | --- |
| In an **emergency**, call the emergency services (police/fire/ambulance on **999**)  and update the lodge (**01865 277 830**). | |
| The **College GP** surgery, the Jericho Health Centre, can provide non-emergency medical help and advice, including for mental health issues: 01865 311 234. Also, **NHS 111** can be called for non-urgent medical advice, dial 111. | |
| The **Dean, Professor Simon Shogry**, is the lead of all student welfare in college. He can be reached at [dean@bnc.ox.ac.uk](mailto:dean@bnc.ox.ac.uk) or phoned via the lodge. | |
| The **Sub-Dean**, **Dr** **Arnaud Petit,** offers confidential listening and support to students. With the dean, he also oversees the work of the junior deans. His office is in XVIII-5 and he can be reached at [subdean@bnc.ox.ac.uk](mailto:subdean@bnc.ox.ac.uk) or phoned via the lodge. | |
| The **College Chaplain, Revd David Sheen,** offers support and confidential listening about any issue and signposting to many other sources of welfare support. The Chaplain’s office is in Heberden 1 (above the JCR). Contact him by email [chaplain@bnc.ox.ac.uk](mailto:chaplain@bnc.ox.ac.uk) or phone 01865 277833 or via the lodge. | |
| The **College Nurse, Kinneret Milgrom**,has an office at the bottom of staircase 12 and holds weekday surgeries with online and in-person slots. The nurse is available in weeks 0-9.  Email:[college.nurse@bnc.ox.ac.uk](mailto:college.nurse@bnc.ox.ac.uk) or contact via the lodge. To book an appointment: [**https://www.bnc.ox.ac.uk/collegenurse**](https://www.bnc.ox.ac.uk/collegenurse) | The **Student Counsellor,** **Dr Sebastian Petzolt**, offers confidential counselling, wellbeing, and emotional support. The counsellor is available in weeks 0-10.  Email: [studentsupport@bnc.ox.ac.uk](mailto:studentsupport@bnc.ox.ac.uk).  To book a session visit: [http://www.bnc.ox.ac.uk/collegecounsellor](https://www.bnc.ox.ac.uk/administrator/index.php?option=com_redirect&task=link.edit&id=339784) |
| The **Junior Deans** can be contacted at [junior.dean@bnc.ox.ac.uk](mailto:junior.dean@bnc.ox.ac.uk), or via the lodge. | |
| The **Diversity and Equality and Harassment Officer** is Dr Anne Edwards.  Email: anne.edwards@bnc.ox.ac.uk | |
| The **Senior Tutor**, Dr Simon Smith, can be emailed at [senior.tutor@bnc.ox.ac.uk](mailto:senior.tutor@bnc.ox.ac.uk) and Graduates can contact the **Tutor for Graduates –** Professor Eamonn Gaffney by email: [gaffney@maths.ox.ac.uk](mailto:gaffney@maths.ox.ac.uk) | |
| **Oxford University Counselling Service** sees students experiencing emotional and psychological problems: <https://www.ox.ac.uk/students/welfare/counselling>  Please email [counselling@admin.ox.ac.uk](mailto:counselling@admin.ox.ac.uk) (This is NOT an emergency service. Contact the Lodge in a crisis.) The **Samaritans** provide confidential emotional support, 24/7: 116123 (free) and **Oxford** **Nightline** is a confidential listening service, run by students for students, 8pm-8am during term time: 01865 270 270 (free). | |
| **HCR Welfare Reps (who are also Peer Supporters)**  **A qr code on a white background  Description automatically generated**(including Diversity & Equality Rep and Women’s Officers) | A qr code with a black and white background  Description automatically generated**JCR Welfare Reps & Peer Supporters** (as well as Rainbow Peers & Peers of Colour) |