

## Student Welfare Advice during the COVID-19 outbreak

This list of resources and guidance has been created with input from welfare staff across the colleges and the wider University. Please remember that your college Welfare Team are still available to provide support and guidance during this time, even if you are not currently residing in Oxford. Your senior college welfare contact details are:

Name: Nick Davidson (Dean) or Clare Woolcott (Nurse)

Email: [dean@seh.ox.ac.uk](mailto:dean@seh.ox.ac.uk) or [nurse@seh.ox.ac.uk](mailto:nurse@seh.ox.ac.uk)

### Sources of Information

The following websites offer details and updates around the rapidly changing public health situation in the UK and abroad:

- The [University's FAQ page](#) is regularly updated following government advice
- The [Public Health England website](#) and [Twitter](#) page
- The [Foreign and Commonwealth Office \(FCO\) website](#)
- The GOV.UK [government response website](#)

### Mental Health Support

The following websites provide a range of online resources and advice for managing your mental health during this challenging time:

- [Mind](#) – advice for everyone from charity Mind, which focusses on how to cope with self-isolation/ staying at home
- [Student Minds](#) – a range of resources for people with existing health conditions, and who are struggling with social distancing, or have experienced xenophobia
- [Centre for Disease Control and Prevention](#) – advice around managing anxiety and stress
- [The Mental Health Foundation](#)
- [BBC advice](#) on protecting your mental health
- World Health Organisation – [mental health considerations](#) and [coping with stress](#) during the covid-19 outbreak
- NHS advice on [self-isolation](#) and [dealing with stress, anxiety or depression](#).
- [NHS mental health apps](#) – the majority of which are free
- [COVID-19 and Anxiety](#) – advice from the charity Anxiety UK
- [COVID-19 and OCD](#) – advice from the charity OCD-UK
- [Eating Disorders and Coronavirus](#) – advice from Beat, the UK's eating disorder charity
- [Advice from UK charity The Mix](#) – The Mix provides free, confidential support for young people under 25 via online, social and mobile

## College and University Support

The [Student Welfare and Support Services](#) are currently transitioning the Counselling Service and mental health Mentoring to online appointments. They offer reduced provision in the vacation and have lost some staff to illness, self-isolation, caring responsibilities etc. which means that **waiting times will be longer, but students should continue to refer themselves.**

[Oxford University Coffee Ambassadors](#) – 1:1 meetups (in café or online) with a trained peer supporter, many of whom are DPhil students.

## Supporting the Community

[Covid Mutual Aid UK](#) is a group of volunteers supporting local community groups organising mutual aid throughout the covid-19 outbreak in the UK. Focusing on providing resources and connecting people to their nearest local groups, willing volunteers and those in need.

If you are still in Oxford, [Oxford Together](#) run by the Oxford Hub is working on building a community response to Covid-19. Become a community champion and help others across the city by checking in on those who are at high-risk on your street or making phone calls to check in on those who are self-isolating. Click [here](#) to sign up and support your local community.

## Activities and Distractions

- Podcasts are available on the [University website](#), the [BBC](#), and many other outlets
- Free audiobooks are available [on the BBC](#) or elsewhere [online](#)
- See if your local library has an app that allows you to borrow eBooks, audiobooks or magazines from home for free
- Take a [Virtual Tour](#) around one of these museums
- Enjoy free streams from world-class opera houses that are being shared in response to the outbreak – have a look at the [Metropolitan Opera](#) and [Paris Opera](#) websites
- Get outside and enjoy some fresh air – go for a walk or take the opportunity to try out running with the NHS [Couch to 5k app](#)
- Try out some [free online yoga](#)
- Learn [How to make a home gym from household items while self-isolating](#)
- Read [100 useful things you can do to kill boredom if you're quarantined at home because of coronavirus](#)