**Pembroke Welfare Support**

If you feel you need help with any problem, no matter how small, please reach out to any of these services. You are not alone.

**Support in Pembroke**

For general personal welfare advice (illness, financial difficulties, workload, family problems), please email your **Tutor** for an extra meeting, and for academic-related issues, your **Director of Studies**

**College Nurse- Sarah Winder-Worsley**, Sarah offers appointments where possible by Zoom or telephone and these can be arranged by email at:  sw899@pem.cam.ac.uk. Sarah will respond to your email within 24 hours on weekdays.

**College Wellbeing and Disabilities Nurse - Jan Brighting** is available for appointments offering mental health support and referral to counselling. Please contact Jan at Jan.brighting@pem.cam.ac.uk.

**Porters**- are all trained in Mental Health first aid, call 01223 338100 in case of emergency. . You should also contact them if you have a physical first aid need.

**Dean and Chaplain**- **James Gardom** is available at jtdg2@cam.ac.uk

**JPC Welfare Officers –**Welfare Officers can signpost, provide a source of support and a listening ear, but please note that we are not professionally trained in mental health support.

**Welfare-**

jp-welfare@pem.cam.ac.uk

**Men’s and NB welfare-**

jp-mens@pem.cam.ac.uk

**Women’s and NB welfare-**

jp-womens@pem.cam.ac.uk

**Ethnic Minorities (BME)-**

Jp-ethmin@pem.cam.ac.uk

**LGBT+-**

Jp-lgbt@pem.cam.ac.uk

**International-**

Jp-international@pem.cam.ac.uk

**Disabled Students’ –**

jp-disabilities@pem.cam.ac.uk

There is a range of welfare resources and information available on the JPC website

**https://pemjp.soc.srcf.net/**

**University Counselling Service (UCS)**

UCS provides a free service for all undergraduate students that typically provides brief counselling and Cognitive Behavioural Therapy (CBT). They offer a range of counsellors specialising in different areas, including BME counsellors and a specialist **Sexual Assault and Harassment Advisor** (you do not have to report to get support). To get an appointment, visit their website and fill in a pre-appointment form: <https://www.counselling.cam.ac.uk/studentcouns/students>. There are also self-help resources.

**College Counselling:**  A back-up service to UCS.

**Loraine Gelsthorpe** is a UKCP registered and accredited trained counsellor/psychoanalytic psychotherapist. She can be contacted for longer-term support or short-notice counselling at lrg10@cam.ac.uk as a backup service to the UCS where waiting lists are long or where specialist support is required.

College is also able to provide access to a further range of counsellors. These can be accessed via Jan or Loraine and include:

**Anna Lees**- CBT specialist, EMDR therapist, RMN, RGN. **Bella Stewart**- UKCP registered and accredited psychoanalytical psychotherapist. **Ishtla Singh**- UKCP registered and accredited psychoanalytical psychotherapist (particularly available for BAME students). **William Filipski-McDonald** (UKCP student in training). Loraine and Jan is also able to refer to **other therapists for specialist counselling**

**Disability Resource Centre (DRC)-** provides a range of confidential and accessible services for disabled students

www.disability.admin.cam.ac.uk

**Student Union Advice Service**- free confidential independent support for all Cambridge Students: www.studentadvice.cam.ac.uk

**Calling 111, option 2-** will put you in touch with someone trained in mental health who can triage your needs and also refer you to the Sanctuary, open 6pm-1am, which provides an informal and welcoming safe space with trained staff to support you.

**Nightline- 01223 744444** -Independent listening, support and information service run by and for students, 7pm-7am during full term