

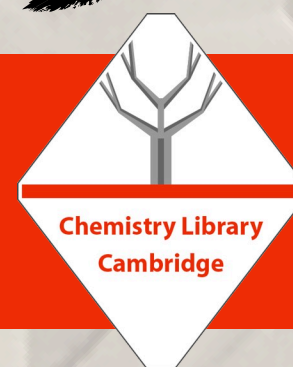
If you or another person is in immediate danger or there is risk to life, please do not hesitate to contact emergency services via 999.

In a mental health crisis, you can dial 111 and select option 2 to access the local NHS First Response Service for mental health crisis. The service is available within Cambridgeshire and Peterborough 24/7, 365 days a year.

## Wellbeing at Cambridge

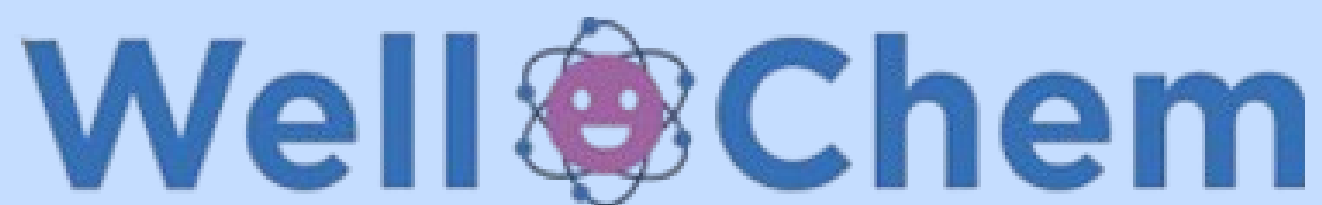
Where can I  
find help?

How can I  
help others?



A Chemistry Library Guide





WellChem is the Chemistry Department's wellbeing programme. Our Wellbeing Advocates strive to support all areas of wellbeing, including physical, mental and social facets.

WellChem initiatives include:

- Wellbeing Bulletin and Quick Quiz, emailed out on the last Friday of each month.
- 12 Botanic Garden passes borrowable from Reception. (For staff - students already get free entry!)
- Weekly pilates sessions in the department.
- The WellChem book swap, hosted in the Chemistry Library.

To find out more, visit <https://rescult.ch.cam.ac.uk/wellbeing>



## Departmental Support Networks

**Cambridge Queer in Chemistry Network**  
A network of LGBTQ+ people, and allies, in the Chemistry department!

**Check out more information!**

**What do we do?**

- LGBTQ+ Mixer**  
Beginning of Michaelmas term  
Food, drinks and a chance to meet other LGBTQ+ scientists!
- Mentoring Scheme**  
Starts Michaelmas term, continues throughout the year
- Pub trips** – final Friday of the month, 6pm, The Alma  
Starting Michaelmas term

Cambridge Chemistry

**Gender Equality Network**

We are a group of staff and students who are passionate about progressing gender equality in STEM.

Come along to one of our events to meet new people and join our community.

**@GENChemCam**

**gen-eq-net@ch.cam.ac.uk**

Join our mailing list to stay up-to-date with upcoming events!





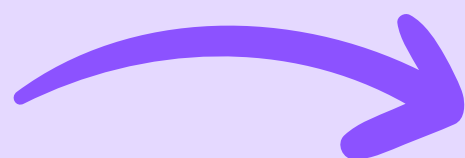
The Royal Society of Chemistry website has an expansive section on inclusion, diversity and accessibility. Here you can find their research and reports on the current state of provision for different minorities working within the chemical sciences, as well as resources and tips for achieving best practice.

<https://www.rsc.org/policy-evidence-campaigns/inclusion-diversity/>



**Includes:**

The LGBT+ toolkit



Resources and guidance on neurodiversity



# Zoë Ayres Posters

If you are struggling with your mental health, it can be difficult to recognise what's happening to you for what it is, or to understand why it's happening.

The Chemistry Library hosts the Academic Mental Health poster series created by Dr Zoë Ayres – **a Chemistry graduate of the OU.**

These posters are designed to help people at all levels of academia identify common stressors, recognise symptoms in themselves and others, and take steps towards getting appropriate support.

You can pick up a poster in the library, or find them online:  
<https://www.zjayres.com/posters>





# UNIVERSITY OF CAMBRIDGE

## Student Support

<https://www.studentsupport.cam.ac.uk>



Services include (but are not limited to):

Individual counselling



Support groups

Workshops



Postgraduate wellbeing



Financial Support



Physical healthcare



Academic support



Harassment and violence support





# Support for Staff

## Staff Counselling Centre

The Staff Counselling Centre provides mindfulness sessions and counselling appointments for University and College staff.

<https://staff.counselling.cam.ac.uk>



## Information for staff supporting students

The Student Support team provide resources such as mental health related guidance and procedures and training materials on Sharepoint:

<https://tinyurl.com/ypcryzjc>



## The Accessibility and Disability Resource Centre (ADRC)

The ADRC provides confidential advice and support – including building access information and exam access arrangements – for current undergraduates and postgraduate students. They also provide training and guidance for teaching staff.

<https://www.disability.admin.cam.ac.uk>



# Libraries Accessibility Service

The Libraries Accessibility Service works across the Cambridge library network to ensure that library users have equal access to services and resources regardless of their accessibility needs.

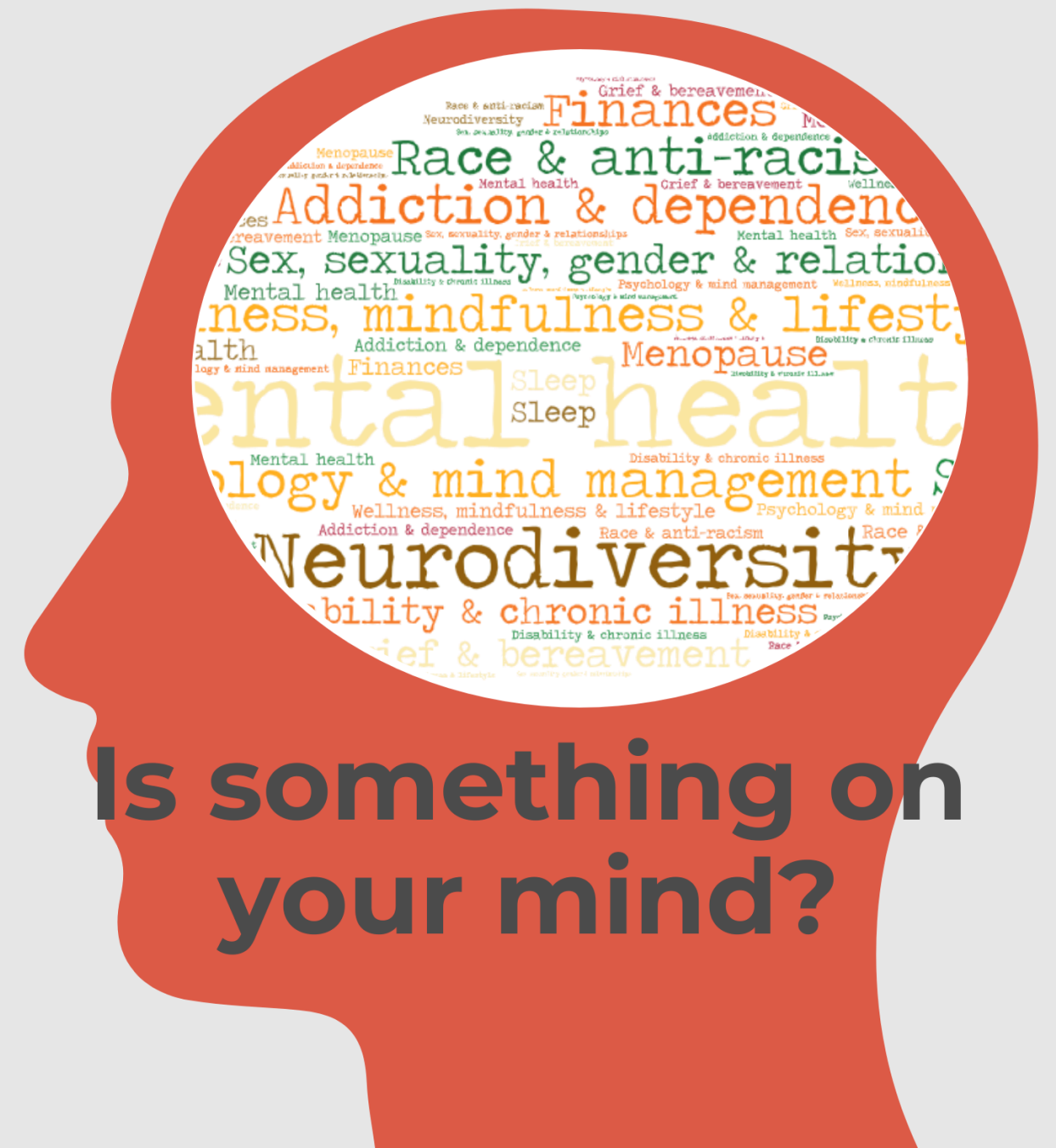
Get in touch: [disability@lib.cam.ac.uk](mailto:disability@lib.cam.ac.uk)

The LAS team has created a handy LibGuide with information about services, resources and accommodations available in Cambridge libraries.

## LibGuide:

### Accessibility & Disability

[https://libguides.cam.ac.uk/  
accessibility](https://libguides.cam.ac.uk/accessibility)



The Libraries Accessibility Service's Wellbeing Reading List has **ebooks** on a broad range of issues.

<https://tinyurl.com/jvyz8rud>







<https://www.mind.org.uk>



The mental health charity Mind provides information and advice about the issues which can impact mental health, with links to services and resources.

Mind A-Z of mental health:  
<https://tinyurl.com/4d5kuudx>



Online peer support is available, and the site also gives details of Mind's four helplines dedicated to different mental health or wellbeing needs.

Mind helplines:  
<https://tinyurl.com/yxwh7e44>



Mind also provides guidance on your legal rights in a variety of scenarios.

Mind guides to legal rights:  
<https://tinyurl.com/pbh3rexs>



<https://www.cpslmind.org.uk/>

The local branch of Mind provides further resources and advice on a broad range of issues.

**Qwell**



Mind CPSL runs Qwell, a service offering online peer support, self-help resources and chat-based counselling.

Sign up anonymously and access free online support.

<https://tinyurl.com/2tr6sh8e>

# student minds

<https://www.studentminds.org.uk>



Student Minds is the UK's student mental health charity.

Their website provides advice and resources tailored to issues commonly faced by university students, including:

- exam stress
- the cost of living
- transitions (like starting university or studying abroad)

The website also hosts the Changing MENTality podcast, which explores topics relating to mens' mental health.



# STUDENT SPACE

<https://studentspace.org.uk>



Run by Student Minds, Student Space offers even more specialised support for students, including:

- a helpline for Muslim students.
- workshops and support spaces for Punjabi students.
- a directory of services for Black students.
- online workshops for LGBTQ+ students and their allies.
- Support groups for students struggling with eating difficulties, addiction, OCD, BBD, and hearing voices.
- Resources and guidance on money, mental health, friendships, graduate jobs and more.



**shout**  
**85258**

<https://giveusashout.org>



- Free and confidential 24/7 text messaging support service for anyone who's struggling to cope.
- Run by trained volunteers, overseen by clinical supervisors.
- Text 'Shout' to **85258** to start a conversation.
- Shout can help with: anxiety and stress; depression or sadness; panic attacks; loneliness; abuse; bullying; self-harm.

**CAMPAIGN  
AGAINST  
LIVING  
MISERABLY**

<https://www.thecalmzone.net>



- Campaign Against Living Miserably (CALM) is a suicide prevention charity.
- Free, confidential and anonymous helpline open daily, 17:00-midnight, **0800 58 58 58**.
- Online chat available.
- Offers support for issues relating to anxiety, grief, money worries, depression, identity, relationships, loneliness, and more.



**nightline**

The confidential night-time support service  
for Cambridge and Anglia Ruskin universities

Open 19:00–07:00 every Tuesday,  
Thursday and Saturday during term.

Call 01223 744 444

Chat online

<https://www.cambridgenightline.org.uk>



Email:

[email@cambridge.nightline.ac.uk](mailto:email@cambridge.nightline.ac.uk)  
(the email service automatically strips your email  
address from the email to preserve your anonymity)

# ACTION FOR HAPPINESS

<https://actionforhappiness.org>



- Monthly themed calendars with tips to improve mental health and physical wellbeing.
- Free online coaching to boost wellbeing.
- Monthly group sessions to help people connect, learn, and spread happiness locally.
- Over 200 talks by experts on how to find happiness.

lifecraft

<https://lifecraft.org.uk>



- Helpline: **0808 808 2121** Free from mobiles, landlines and callboxes. Open all year round, 11am to 11pm, for anyone feeling low, anxious or distressed.
- Free membership to adults struggling with mental health in Cambridgeshire or Peterborough.
- Group-based activities including crafting, art, and mindfulness; access to one-to-one counselling.

The  
Kite  
Trust.



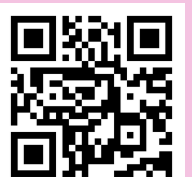
<https://thekitetrust.org.uk>



- Supports the wellbeing and creativity of LGBTQ+ people up to the age of 30 in the Cambridge area.
- Social groups; one-to-one support; online groups for trans, non-binary, neurodiverse and disabled young people.
- services for parents, carers, and wider family.
- Online Resource Hub.

SWITCHBOARD

<https://switchboard.lgbt>



- The national LGBTQIA+ support line.
- All volunteers identify as LGBTQIA+.
- Free helpline **0800 0119 100** (16:00–22:00)
- email **hello@switchboard.lgbt** (they aim to respond within 5 business days)
- Online chat.