

Porters

Tel. 01223 338 000 Mobile 07879 116 962

**In an emergency, call 999
then contact the Porters.**

Support within Corpus

Your Tutor

Check on CamSIS under 'Advisers' for their name and email address

Senior Tutor

Dr Marina Frasca-Spada

mfs10@cam.ac.uk or 07740 164930

Welfare Tutors

Prof. Ewan St. John Smith

es336@cam.ac.uk or 07506 757146

Prof. Emma Wilson

efw1000@cam.ac.uk or 07715 597247

Duty Tutor

On call 24/7 - contact via Porters

**Revd Dr Matt Bullimore – Chaplain & Equality,
Diversity and Inclusion Lead**

Confidential advice, spiritual or non-spiritual

chaplain@corpus.cam.ac.uk

Terri – College Counsellor

non-University-affiliated psychotherapist

Enquire through your Tutor or the College Nurse

Erika Spooner – College Nurse (confidential)

nurse@corpus.cam.ac.uk or 01223 766265

Room H2 (9-5 Mon, Weds, Fri during Term)

Or appointments via [Moodle](#) site

Tutorial Office

A Staircase, first floor, 9-5 weekdays

tutorial@corpus.cam.ac.uk or 01223 338038

JCR Welfare Officers

We aim to answer all messages within 12 hours.

Any information shared with us will be kept completely confidential unless we deem you or others to be at immediate risk

Vasilisa Grachova – 07841 986827

jcr-welfare1@corpus.cam.ac.uk

Ben Palmer-Welch – 07810 751451

jcr-welfare2@corpus.cam.ac.uk

Keelan Shorten - +35 3877 199525

jcr-welfare3@corpus.cam.ac.uk

Other members of the JCR Welfare Team

George Stokes – Vice-President

jcr-vicepresident@corpus.cam.ac.uk

07412 107129

Lucy Trusler – Gender Equalities

jcr-gender@corpus.cam.ac.uk

07506 129738

James Walker – Access Officer

jcr-access@corpus.cam.ac.uk

07340 265964

LGBTQ+ Support

Emma Gibson – JCR LGBTQ+ Officer

jcr-lbgt@corpus.cam.ac.uk 07742726273

**Prof. Ewan St. John Smith – LGBTQ+
Champion**

es336@cam.ac.uk

Disability Support

Malachi Gee – Disabled Students' Officer

jcr-disabilities@corpus.cam.ac.uk

07523 059511

Dr Jo Willmott - Disability Champion

jcw25@cam.ac.uk

Race and Ethnic Minorities

Muhammad Mahmoud – BME Officer

jcr-ethnicminorities@corpus.cam.ac.uk

07554 956082

**Prof. Shruti Kapila – Race & Equality
Champion**

sk555@cam.ac.uk

Harassment and Sexual Misconduct

College Harassment Officer

Prof. Emma Wilson - 07715 597247

harassment.officer@corpus.cam.ac.uk

Confidential listening/texting services

Samaritans: Confidential emotional support

116 123 (24hr) or www.samaritans.org

Text SHOUT to 85258 (24hr)

**Nightline: Anonymous and confidential service
run by Cambridge students 01223 744444 (7pm–
7am during Full Term)**

email@cambridge.nightline.ac.uk

Medical Services

Trumpington Street Medical Practice

01223 361611 (Mon-Fri 8:30am–6pm)

Newnham Walk GP

01223 366811 (Mon-Fri 8am-6pm)

For urgent medical advice out of hours:

call 111 (24 hours) or go to 111.nhs.uk

*After calling 111 there will be an option for
urgent mental health support*

For external resources on:

Sexual Health Support (including check-ups) |
Mental Health Support | Disability Support |
LGBTQ+ Support | Race and Ethnic
Minorities Support | Drug and Alcohol
Addiction | Eating Disorders Support | Rape &
Domestic Violence Support

please scan the QR code:

Additional Resources

Sexual Health Support

NHS advice on sexual health:

www.nhs.uk/live-well/sexual-health/

DHIVERSE – Support for people with HIV/AIDS

See www.dhiverse.org.uk for contact details

iCASH – Confidential sexual health check-ups

0300 300 3030 or <https://www.icash.nhs.uk>

C-Card scheme – free sexual health/contraceptive supplies
www.youngandfree.org.uk

Mental Health Support

Sane: www.sane.org.uk

0300 304 7000 (4:30pm-10:30pm)

Mind: www.mind.org.uk

0300 123 3393 (Mon-Fri 9am–6pm)

Centre 33 www.centre33.org.uk

help@centre33.org.uk or 0333 4141809

Disability Support

University Disability Resource Centre

(Help and support for students with disabilities, mental health conditions and chronic illness)

disability@admin.cam.ac.uk or

01223 332301

Website: www.disability.admin.cam.ac.uk

LGBTQ+ Support

SU LGBT+ Campaign: lgbt.cusu.cam.ac.uk

Switchboard LGBT+ Helpline:

0300 330 0630 (10am–10pm daily)

The Kite Trust – A local organisation

info@kitetrust.org.uk or 01223 369508

Gender Trust: gendertrust.org.uk

Drug and Alcohol Addiction

Drinkaware www.drinkaware.co.uk

Alcoholics Anonymous: 0800 9177 650

Frank – National Drugs Helpline

www.talktofrank.com or

0300 123 6600 (24hr)

Inclusion Cambridge: 0300 555 0101

Eating Disorders Support

Beat Eating Disorders

beateatingdisorders.org.uk

0808 801 0677 (9am-12pm weekdays, 4pm–12pm weekends)

Email help@beateatingdisorders.org.uk for a personalised service

Rape & Domestic Violence Support

Safeline – Support after Sexual Assault

www.safeline.org.uk or 01926 402 498

Domestic Violence Helplines:

Women's Aid: 0808 2000 247 (24hr)

Men's Advice Line: 0808 801 0327

(Mon-Fri 9am–5pm)

Harassment and Sexual Misconduct

Breaking the silence – prevention of harassment and support for victims

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

Race and Ethnic Minorities

End Everyday Racism – anonymous reporting

www.racismatcambridge.org

SU BME Campaign – university-wide support

[BME Campaign \(cambridgesu.co.uk\)](http://BMECampaign.cam.ac.uk)

University Black Advisory Hub

www.blackadvisory.hub.cam.ac.uk

Counselling services

A range of counselling services are available through College, the University, and external services. You arrange this through your Tutor, the College Nurse, or Tutorial. You can request a BME counsellor or a counsellor of a specific gender.

University student wellbeing website

www.studentwellbeing.admin.cam.ac.uk/