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-lbqt@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@corpusStudents' 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

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

For external resources on:

please scan the QR code:
## Additional Resources

### Sexual Health Support
- **NHS advice on sexual health:** [www.nhs.uk/live-well/sexual-health/](http://www.nhs.uk/live-well/sexual-health/)
- **DHIVERSE** – Support for people with HIV/AIDS
  See [www.dhiverse.org.uk](http://www.dhiverse.org.uk) for contact details
- **iCASH** – Confidential sexual health check-ups
  0300 300 3030 or [https://www.icash.nhs.uk](https://www.icash.nhs.uk)
- **C-Card scheme** – free sexual health/contraceptive supplies
  [www.youngandfree.org.uk](http://www.youngandfree.org.uk)

### Mental Health Support
- **Sane:** [www.sane.org.uk](http://www.sane.org.uk)
  0300 304 7000 (4:30pm-10:30pm)
- **Mind:** [www.mind.org.uk](http://www.mind.org.uk)
  0300 123 3393 (Mon-Fri 9am–6pm)
- **Centre 33**
  [www.centre33.org.uk](http://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](http://www.disability.admin.cam.ac.uk)

### LGBTQ+ Support
- **SU LGBT+ Campaign:** [lgbt.cusu.cam.ac.uk](http://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](http://www.drinkaware.co.uk)
- **Alcoholics Anonymous:** 0800 9177 650
  [www.talktofrank.com](http://www.talktofrank.com) or 0300 123 6600 (24hr)
- **Inclusion Cambridge:** 0300 555 0101

### Eating Disorders Support
- **Beat Eating Disorders**
  [beateatingdisorders.org.uk](http://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](http://www.safeline.org.uk) or 01926 402 498
- **Domestic Violence Helplines:**
  **Women’s Aid:** 0800 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](https://www.breakingthesilence.cam.ac.uk)

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### Race and Ethnic Minorities

#### End Everyday Racism – anonymous reporting
[www.racismatcambridge.org](http://www.racismatcambridge.org)

#### SU BME Campaign – university-wide support
- **BME Campaign (cambridgesu.co.uk)**
- **University Black Advisory Hub**
  [www.blackadvisory.hub.cam.ac.uk](http://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](http://www.studentwellbeing.admin.cam.ac.uk/)