



## Trinity College Mental Health Statement

This statement sets out the part the College plays in the wider support system of its students.

### Support

Trinity is an inclusive College community that embraces diversity, where everyone is treated with [dignity and respect](#). We appreciate that health issues, including mental health and physical health conditions, can arise at any stage of our lives. The College acknowledges that studying and researching at Cambridge is demanding, particularly for those with pre-existing mental health or physical health conditions. The College is proud of the investment it makes in the provision of support and help through the College tutorial, pastoral, and welfare system. We strongly encourage students who have health concerns or encounter difficulties to access the support provided by the College welfare team. Each student has a Tutor and the College has a Wellbeing and Mental Health Advisor who can refer students to specialists (e.g. in CBT) as well as a Nurse who can liaise with local services. Chaplains are also a source of sympathetic support. TCSU and the BA Society have relevant officers supporting those with mental health problems. See the [summary chart](#) of the available support in College, and for further details, see the [Health and Wellbeing page](#) on the student services hub (only accessible to current students).

### The College's role

The College is first and foremost an educational establishment. We provide support for those with health concerns, including mental health difficulties, drawing on the College's excellent welfare team. However, there are limits to the support we can provide as the College does not have the expertise or resources to replace the National Health Service, nor can it provide 24-hour observation or care.

### Expectations

The College expects those experiencing health or wellbeing difficulties to be responsible for taking the necessary steps to maximise their wellbeing and thus enable them to flourish during their time at University. In particular, we expect students:

- (1) to ensure they comply with their treatment as advised by the NHS medical team or health professionals, including taking their medication;
- (2) to follow additional support measures the College puts in place to ensure their safety and wellbeing;
- (3) to note that engaging fully and frankly with the welfare team and professional advisers will help the College support the student;
- (4) to note that the College may put in place arrangements under its Procedure to Support and Assess Capability to Study in order to support the student to study safely and in a way that allows them to reach a satisfactory completion of their course;
- (5) to note that if a student's mental health is declining to such an extent that the College feels it can no longer support the student, the student will be encouraged to take time out so that when they are able to return to Cambridge and Trinity, they are able to do so both safely and in a way that allows them to reach a satisfactory completion of their course;
- (6) to provide contact numbers of parents or guardians whom they consent to be contacted by the College when we have serious concerns about their wellbeing.