

# 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 Mental Health and Wellbeing Adviser 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 below for a 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 [Fitness to Study](#) process in order to support the student to study safely and in a way that allows them to reach a satisfactory completion of their course;<sup>1</sup>
- (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.

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<sup>1</sup>The College's Fitness to Study policy follows guidance in HEOPS

## Trinity College Welfare and Academic Support

The chart below lists the main sources of welfare support for students, with a brief summary on the type of advice, referral and signposting offered within College (blue), as well as important sources of help beyond the College. Further details on each post are available to current students on the student services hub.

All our Porters are first-aid trained. If you have an injury or require first-aid, do call the Porters (01223 338400). **You should also let the Porters know when you are calling emergency services so that they can direct them to where you are as swiftly as possible.**

Tutor	Director of Studies	Senior Tutor
<ul style="list-style-type: none"> <li>• General oversight and monitoring.</li> <li>• Available via drop-in office hours and/or by appointment.</li> <li>• Pastoral support for work-related stress and/or personal difficulties.</li> <li>• Support and advice regarding financial difficulties.</li> <li>• Signposting to other welfare support, including the Academic Skills Tutor.</li> <li>• Referral to College Nurse/Mental Health and Wellbeing Adviser/DRC for physical, emotional or mental health matters.</li> </ul>	<ul style="list-style-type: none"> <li>• Academic oversight, monitoring and support.</li> <li>• Regular termly meetings and also available by appointment</li> <li>• Academic and assessment concerns.</li> <li>• Referral to the Academic Skills Tutor.</li> <li>• Signposting or referral to Tutor or other welfare support.</li> <li>• Coordination with Tutor and students' supervisors where necessary.</li> </ul>	<ul style="list-style-type: none"> <li>• General oversight of welfare policies and provision.</li> <li>• Advice and support in complex or serious cases.</li> </ul>
		<b>College Mental Health and Wellbeing Adviser (MHWA)</b>
Chaplains	Academic Skills Tutor	College Nurse
<p>John Summers 07760 464490 Anne Strauss 07715 104 065</p> <ul style="list-style-type: none"> <li>• Listening to anything and everything that bothers or matters to students (irrespective of a student's view on religion).</li> <li>• Support and advice on existential and spiritual matters.</li> <li>• Signposting to other welfare support.</li> <li>• Advice on welfare policy and provision.</li> </ul>	<ul style="list-style-type: none"> <li>• Supports academic skills such as essay writing (one to one or group sessions).</li> <li>• Help with time-management and sustaining motivation</li> </ul>	<ul style="list-style-type: none"> <li>• Self-referral or referral by Tutor/Chaplains etc. Drop-in during surgery hours.</li> <li>• General health support &amp; triage (symptom-checking, including Covid).</li> <li>• Liaising with and referral to GP on general health matters.</li> <li>• Liaising with specialist medical services such as the Adult Eating Disorder Services.</li> <li>• Signposting to other welfare support.</li> </ul>
Other Support (College)	University Disability Resources Centre (DRC)	
<ul style="list-style-type: none"> <li>• Fellow for Trinity women.</li> <li>• Fellow for LGBT+.</li> <li>• Fellow for Ethnic Diversity.</li> </ul>	<ul style="list-style-type: none"> <li>• Support for students with disabilities and/or special learning difficulties (e.g. dyslexia).</li> <li>• Self-referral; referral by Tutor/Nurse/Chaplains etc.</li> <li>• Meeting (possibly in College) with the DRC liaison officer by appointment.</li> <li>• Advice to College on equipment and other need-specific support.</li> </ul>	<b>NHS &amp; Other</b>
		<p>Check also our health app:</p> <ul style="list-style-type: none"> <li>• iPhone: <a href="https://apps.apple.com/gb/app/student-health-app/id934979379">https://apps.apple.com/gb/app/student-health-app/id934979379</a></li> <li>• Android: <a href="https://play.google.com/store/apps/details?id=com.expertselfcare.studenthealth.full">https://play.google.com/store/apps/details?id=com.expertselfcare.studenthealth.full</a></li> <li>• NHS 111 &amp; nhs.gov.uk symptom checking (including Covid); 999 if needed.</li> <li>• NHS 111 option 2 for access to mental health support.</li> <li>• NHS can provide free therapy (both dynamic and CBT).</li> <li>• GPs: for regular prescriptions, symptom checking, referrals.</li> <li>• Psychological wellbeing service.</li> <li>• Adult Eating Disorder Unit.</li> <li>• CAMEO.</li> <li>• TalktoFrank (anti-drugs charity).</li> </ul>