

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 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"> • General oversight and monitoring. • Available via drop-in office hours and/or by appointment. • Pastoral support for work-related stress and/or personal difficulties. • Support and advice regarding financial difficulties. • Signposting to other welfare support, including the Academic Skills Tutor. • Referral to College Nurse/Wellbeing and Mental Health Advisor/DRC for physical, emotional or mental health matters. 	<ul style="list-style-type: none"> • Academic oversight, monitoring and support. • Regular termly meetings and also available by appointment. • Academic and assessment concerns. • Referral to the Academic Skills Tutor. • Signposting or referral to Tutor or other welfare support. • Coordination with Tutor and students' supervisors where necessary. 	College Wellbeing and Mental Health Advisor (WMHA)
		<ul style="list-style-type: none"> • General oversight of welfare policies and provision. • Advice and support in complex or serious cases.
Chaplains	Academic Skills Tutor	College Nurse
<ul style="list-style-type: none"> • Listening to anything and everything that bothers or matters to students (irrespective of a student's view on religion). • Support and advice on existential and spiritual matters. • Signposting to other welfare support. • Advice on welfare policy and provision. 	<ul style="list-style-type: none"> • Supports academic skills such as essay writing (one to one or group sessions). • Help with time-management and sustaining motivation. • Study retreats. 	<ul style="list-style-type: none"> • Self-referral or referral by Tutor/Chaplains etc. Drop-in during surgery hours (during term time only). • General health support & triage. • Liaising with and referral to GP on general health matters. • Liaising with specialist medical services such as the Adult Eating Disorder Services. • Signposting to other welfare support.
Other Support (College)	University Disability Resources Centre (DRC)	NHS & Other
<ul style="list-style-type: none"> • Fellow for Trinity women. • Fellow for LGBT+. • Fellow for Ethnic Diversity. 	<ul style="list-style-type: none"> • Support for students with disabilities and/or special learning difficulties (e.g. dyslexia). • Self-referral or referral by Tutor/Nurse/Chaplains etc. • Meeting (possibly in College) with the DRC liaison officer by appointment. • Advice to College on equipment and other need-specific support. 	<ul style="list-style-type: none"> • Download the Student Health app on: Phone: https://apps.apple.com/gb/app/student-health-app/id934979379 Android: https://play.google.com/store/apps/details?id=com.expertselfcare.studenthealth.full • 999 for emergencies and 111 & nhs.gov.uk for symptom checking. • NHS 111 option 2 for access to mental health support. • NHS can provide free therapy (both dynamic and CBT). • GPs: for regular prescriptions, symptom checking, referrals. • Psychological wellbeing service. • Adult Eating Disorder Unit. • CAMEO. • TalktoFrank (anti-drugs charity).
Peer Support (College)		
<ul style="list-style-type: none"> • Welfare Officers of TCSU and BA Society. • Feedback on college welfare policy and provision. 		
Peer Support (University & other)	University Counselling Service	
<ul style="list-style-type: none"> • Cambridge Student Union : confidential and impartial support. • Student Minds: self-help resources, signposting and an uplifting social media stream. • Nightline: listening service run by students during Term 7 pm – 7 am 	<ul style="list-style-type: none"> • Self-referral via the website. • Individual counselling, offers also group workshops. • Funds available for private counselling and long courses of therapy. 	