

MCR Welfare Information 2024/2025

**Do not suffer in silence –
reach out and seek help, no
matter how big or small**

Oxford Nightline

Available 8pm-8am
during term time, call:
01865 270 270

The Samaritans

If you need someone to
talk to 24/7 hours a
day, call:
116 123

Oxfordshire Talking Therapies

A free NHS talking therapies service with self referral. Complete
online form : <https://www.oxfordhealth.nhs.uk/oxon-talking-therapies/>

Other Support

BEAT

The UK's Eating Disorder Charity,
call : 0808 801 0677 or email:
help@beateatingdisorders.org.uk

MIND

A mental health
charity with
general and crisis
advice. Website :
<https://www.mind.org.uk/>

Harassment Fellows

Diane Purkiss (bueno@cs.ox.ac.uk)
and Alfonso Orovio
(purkiss@keble.ox.ac.uk) are both
harassment advisors

Keble College Dog

Walk Rievaulx (Reevo)
by scanning the QR
code at Keble Main
site to book a slot

Max Kramer – Welfare Fellow

Keble chaplain and welfare
fellow, offering pastoral care
and general welfare support -
max.kramer@keble.ox.ac.uk

Ali Rogers – Senior Tutor

If you have concerns related to
your academic studies -
senior.tutor@keble.ox.ac.uk

Kirsty Hunter

Keble's on-site counsellor
during term-time -
counsellor@keble.ox.ac.uk

Keble College Services

Aimee Rhead – Student Support Officer

Offers pastoral care, general
welfare support and is the
student disability and financial
support co-ordinator -
student.support@keble.ox.ac.uk

Jenny Fitzgerald – College Nurse

Offering physical and
mental health support,
alongside pastoral and
general welfare support -
pml.keblenurse@nhs.net

Junior Deans

Offering support for night-
time emergencies on site
contact the porters. For
general welfare support -
junior.dean@keble.ox.ac.uk

MCR Welfare Team

Meet us at termly weekly
brunches or email us
We are always happy to chat ! -
[welfare-
team@mcr.keble.ox.ac.uk](mailto:welfare-team@mcr.keble.ox.ac.uk)

University Services

Oxford Mindfulness Centre

Offers courses for depression, stress, anxiety,
exhaustion, burnout and mindfulness. Email to sign
up: counselling@admin.ox.ac.uk

University Counselling Service

Email for appointments and
enquires:
counselling@admin.ox.ac.uk

IF YOU ARE EVER IN DANGER. PLEASE RING 999 OR CONTACT THE PORTERS AT +44 (0) 1865 282300