Corpus Christi Welfare Grid

The table below sets out the main sources of welfare support for students, together with sources of advice and support for tutors and others. It is not a comprehensive list but a useful starting point for referral, signposting and advice. The officers below (marked with \*) may have important roles in student life in addition to welfare.

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| The welfare grid |
| [Tutor](https://www.corpus.cam.ac.uk/current-students/postgraduates/tutorial-arrangements)\* | [Senior Tutor](https://www.corpus.cam.ac.uk/people/dr-marina-frasca-spada)\* | Your Department |
| * General oversight & checking-in
* Pastoral support for work-related stress, anxiety, etc.
* Support for home or household situations, including financial support
* Signposting to other sources of welfare support
* Referral to Nurse/Counsellor /UCS/DRC for physical or mental health issues
 | * Oversight of welfare policy and provision
* Advice and support in complex or very serious situations
 | * Academic oversight and support
* Support with work (situationally)
* Support with work (academically)

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| Welfare Tutors\*[Prof. Ewan St. John Smith](https://www.corpus.cam.ac.uk/people/professor-ewan-st-john-smith)[Prof. Emma Wilson](https://www.corpus.cam.ac.uk/people/professor-emma-wilson)  |
| * Escalation and triage
* Can be contacted by any student
* Oversight of specific areas (e.g. sexual harassment)
* Contribute to welfare policy
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| College Nurse | [Chaplain](https://www.corpus.cam.ac.uk/people/revd-dr-matthew-bullimore) | College Counsellor |
| * Self-referral or referral by Tutor/Welfare Tutors/Chaplain.
* Symptom-checking and triage (COVID and non-COVID)
* General support, advice, listening, check-in
* Signposting to other sources of welfare support
* Liaising and referral to GP for general health issues
* Referral to Counsellor or Mental Health Advisor for mental health issues
 | * Support for existential or spiritual issues
* General support, advice, listening, check-in
* Bereavement support
* Signposting to other sources of welfare support
* Referral to Nurse/Counsellor/UCS for physical/mental health issues
* Contributing to welfare policy and provision
 | * Referral via Tutor, Nurse, Chaplain
* Short term counselling online or by phone
* Assessment & advice to College
* Training of Tutors, Tutorial staff, JCR and MCR welfare officers
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| Peer Support | UCS & DRC | NHS |
| * [JCR](https://www.jcr.corpus.cam.ac.uk/welfare-contacts) and [MCR](https://corpusmcr.soc.srcf.net/index.php/welfare/), especially the welfare officers
* Cambridge Student Union [Advice Service](http://studentadvice.cam.ac.uk); confidential and impartial support
* [Student Minds](https://studentmindscambridge.wordpress.com/); self-help resources, signposting and an uplifting social media stream
* [Togetherall](file:///C%3A%5CUsers%5Ces901%5CDownloads%5Ctogetherall.com); peer support for mental health including 24h text/voice counselling
 | [University Counselling Service](https://www.counselling.cam.ac.uk/)* Self-referral via the website for online or phone consultation
* Referral via Nurse/Tutor/ Chaplain to Mental Health or Sexual Assault & Harassment Adviser.

[Disability Resource Centre](https://www.disability.admin.cam.ac.uk/)* Support for students with disabilities and/or SPLDs
 | * NHS 111 & nhs.gov.uk symptom checking (COVID and non-COVID) & refer to 999 if needed;
* NHS 111 option 2 for access to mental health support
* GP Surgery for regular prescriptions, symptom checking, signposting, referrals
* Psychological Welfare Service
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