



OUDS Welfare Resources

Revised July 2020

If you have any concerns or questions about these resources or have any welfare concerns about drama in Oxford, please reach out to the OUDS Welfare Officer by emailing welfare.ouds@gmail.com

Drama Specific Resources

- Arts Minds
<https://www.artsminds.co.uk/>
- Theatre Helpline
<https://uktheatre.org/theatre-industry/news/24-hour-theatre-helpline-launched/>
Phone - 0800 915 4617
Email - advice@theatrehelpline.org
- Playing Sane
<https://www.playingsane.org/>
- Talk
<https://twitter.com/talkcommunity1>
- Industry Minds
<https://twitter.com/industrymindsuk?lang=en>

For more information on the above resources go to: <https://getintotheatre.org/blog/what-support-is-there-for-mental-health-in-theatre>

Oxford-based Resources

- Oxford University Counselling Service
<https://www.ox.ac.uk/students/welfare/counselling?wssl=1>
Phone - 01865 270300
Email - counselling@admin.ox.ac.uk
- Oxford University Sexual Harassment and Violence Support Service
<https://www.ox.ac.uk/students/welfare/supportservice>
- Oxford Student Union Local Welfare and Support Services
<https://www.oxfordsu.org/wellbeing/localwelfareandsupportservices/>
- Oxford Nightline
<http://oxfordnightline.org/>
Phone - 01865 270270
- Oxfordshire Mind
<https://www.oxfordshiremind.org.uk/>
Phone – 01865 263730
- Oxford Mental Health Network

<http://www.omhn.org/>

- OSARSS (the Oxford Sexual Abuse and Rape Crisis Centre)
Phone – 0800 783 6294
Email – support@osarcc.org.uk

UK Mental Health Resources

- Samaritans (Confidential listening service)
<https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- Nightline (Student run listening service, specific to cities)
 - o London: <https://nightline.org.uk/>
 - o For other cities find a nightline here: <https://www.nightline.ac.uk/want-to-talk/>
- The Mix (Support for Under 25s)
<https://www.themix.org.uk/>
- Anxiety UK
<https://www.anxietyuk.org.uk/>
- MIND Infoline
<https://www.mind.org.uk/information-support/helplines/>

BIPOC Specific Resources

- Therapy Resources for People of Colour (Created by a woman named Gladys)
<https://docs.google.com/document/d/1dWShg0TZ7nJz5YJsCa1DyGCGTJMrUEd8du5vC6boVhs/mobilebasic>
- Black Virtual Therapist Network
<https://www.beam.community/bvtn>
- National alliance for mental illness
<https://www.nami.org/Support-Education/Diverse-Communities/African-American-Mental-Health>
- “The Safe Place” (psychoeducational app)
- Therapy for Black Girls
<https://therapyforblackgirls.com>
- Black Mental Health Alliance
<https://blackmentalhealth.com>

- National Queer and Trans Therapists of Color Network
<https://www.nqttcn.com>
- Spiritual Activism Courses
<https://www.rachelricketts.com/>

Racial trauma/General trauma resources

- Family care, community care, and self care toolkit
<https://www.abpsi.org/pdf/FamilyCommunitySelfCareToolKit.pdf>
- Project 180 Trauma resources
<https://project180ga.org/trauma-resources/>
- Community Healing Networks
<https://www.communityhealingnet.org/>
- PTSD United
<http://www.ptsdunited.org/>
- Self Care for People of Colour After Psychological Trauma
http://www.justjasmineblog.com/blog-1/self-care-for-people-of-color-after-emotional-and-psychological-trauma/?fbclid=IwAR3E5BuMcuUIHvNehkbJI-GZAWM72M10Dm88r_AmruzDdM8jUbAA1ibChOQ
- A holistic toolkit for coping with racial trauma
<https://medium.com/nappy-head-club/the-four-bodies-a-holistic-toolkit-for-coping-with-racial-trauma-8d15aa55ae06>
- Vice article with Self Care Tips
https://www.vice.com/en_us/article/g5pgmq/self-care-tips-for-black-people-struggling-from-painful-week
- Tips for Self Care
<https://www.theroot.com/tips-for-self-care-when-police-brutality-has-you-quest-1790855952>
- 101 ways to take care of yourself
<https://www.upworthy.com/101-self-care-suggestions-for-when-it-all-feels-like-too-much>
- APA guidelines for recovering emotionally after a disaster
<https://www.apa.org/helpcenter/recovering-disasters>
- Toolkit for surviving and resisting hate
<https://icrace.files.wordpress.com/2017/09/icrace-toolkit-for-poc.pdf>

Global/Country Specific Helplines

- Collection of Country Helplines
<https://faq.whatsapp.com/general/security-and-privacy/global-suicide-hotline-resources>
- Mental Health America
<http://www.mhanational.org/get-involved/contact-us>
- Lifeline Crisis Chat
<http://www.suicidepreventionlifeline.org/gethelp/lifelinechat.aspx>
- Befrienders
<http://www.befrienders.org>
- 7Cups
<https://www.7cups.com/>
- Help Yourself Help others
<http://www.helpyourselfhelpothers.org/>
- Indonesia: HOTLINE 500–454
- Singapore: Samaritans of Singapore –
<http://samaritans.org.sg/>
Phone: 1800 221 4444
- Hong Kong: The Samaritans Hong Kong
<http://www.samaritans.org.hk>
Phone: 2896 0000
- Other, more specific, resources here (If you are struggling with Bipolar Disorder, Alcoholism, etc)
<http://www.noshameonu.org/mental-health-resources>