

In-college **healthcare** for you

Free, in-college healthcare and advice, when you need it most.

Student-friendly health advice, treatment and support from your College Nurse.



What healthcare is available?

Your College Nurse can give you treatment and advice for

- Everyday illnesses, infections, sprains and simple ailments
- First aid and minor injuries
- Homesickness, loneliness and relationship worries
- Low mood, exam stress, insomnia and anxiety
- Sexual health problems and contraception
- Living and studying with long-term health conditions

Visit oxfed.uk/oustudents for a full list of the services on offer

How do I **access** the service?

You can see the College Nurse whenever you need advice or support.

Your nurse is available (free of charge) at set times throughout the week during term time.

The College Nurse can provide some medical certificates and can direct you to other local services and support.

It is strongly recommended that you register with the College Doctor, so you can access free NHS care locally when you need it.

For more information visit
oxfed.uk/oustudents

Other student services

**You can also use these free
health services for students**

University Counselling Service

01865 270 300

ox.ac.uk/students/welfare/counselling

Nightline (8pm-8am)

01865 270 270

oxfordnightline.org

Disability Advisory Service

01865 280 459

ox.ac.uk/students/welfare/disability

If you need **urgent medical or dental help**, dial 111 at any time.
In a **life-threatening emergency**, dial 999.

Where can I find out more?

Visit oxfed.uk/oustudents
to find out more about
in-college medical advice.



OxFed is registered with and regulated by the
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