**Central University Services**

1. Counselling Services: For appointments and queries, please email [counselling@admin.ox.ac.uk](mailto:counselling@admin.ox.ac.uk)
2. Disability Advisory Services (DAS):<https://www.ox.ac.uk/students/welfare/disability>
3. Career services: <https://www.careers.ox.ac.uk/>
4. Accommodation Services: <https://welcome.ox.ac.uk/housing>

**College Services**

1. College Welfare Teams:<https://www.ox.ac.uk/students/welfare/collegesupport>
2. Academic Support from tutors: Please contact your tutor or college advisor for more information.
3. Hardship Funds: <https://www.ox.ac.uk/students/fees-funding/assistance/hardship/ohf>
4. Travel and Academic Grants: Travel Grants are college-specific. Please contact your college academic office for more information. Other travel grant opportunities include [The Oppenheimer Memorial Trust](https://www.omt.org.za/),[RAI Travel Grant](https://www.rai.ox.ac.uk/research-grants-oxford-students#/) and [Expedition Counsil](https://www.ox.ac.uk/students/fees-funding/international/expeditions)
5. AfriSoc Hardship grant: Please contact our Welfare Officer for more information buntu.fanteso@biology.ox.ac.uk

**Welfare Services outside the University**

You can request free NHS talking therapy service at Oxfordshire:

•Make an appointment online at

<https://www.oxfordhealth.nhs.uk/talkingspaceplus/>