



# Mental Health and Wellbeing in self-isolation

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A guide to resources for  
Homerton College students



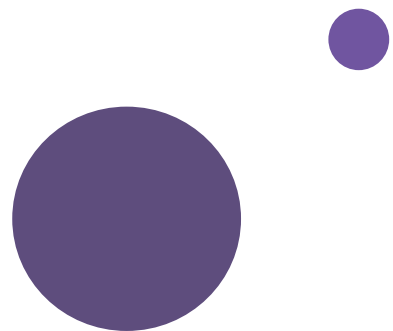
We know how difficult spending a period of self- or Household isolation can be. Please be reassured that there are lots of different sources of support available within the College, the University, or online from other providers to help you through these challenging days.

We have collected together some resources available to students in this document. Do take some time to read this through, making note of what might be most relevant for your own particular circumstances.

Remember: we are here to talk to, and to help you – please reach out to us to seek assistance, or if you have any questions or concerns.

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**Dear students...**



# Resources for you at Homerton

- Your **Tutor** will be in regular contact with you, as someone who can talk to you about your personal situation, and provide any assistance with difficulties you may be experiencing, or just to have a friendly chat with. You can also contact the Senior Tutor ([seniortutor@homerton.cam.ac.uk](mailto:seniortutor@homerton.cam.ac.uk)).
- The **Student Health Advisor**, Sandy Chambers ([sc606@homerton.cam.ac.uk](mailto:sc606@homerton.cam.ac.uk)) can be contacted to discuss physical or mental health concerns.
- The **College Counsellor**, Catherine Snelson ([cs780@cam.ac.uk](mailto:cs780@cam.ac.uk)) is available to you – please email her to set up an appointment with her or a colleague. We can also put you in touch with specialist counsellors if you would prefer.
- If you think it would be beneficial to be referred to a **Mental Health Advisor** to talk about particular professional support then talk to your Tutor, the Student Health Advisor, or the Senior Tutor.
- Further information about the College's **welfare resources** is available on Nexus: <https://nexus.homerton.cam.ac.uk/welfare/resources> and on the main College site: <https://www.homerton.cam.ac.uk/COVID-19/welfare>.



- For peer support from other students, you can call/text the **HUS Welfare Officers** on **07876 317 717** any day during term time. You can also email them if you would prefer: [hus-welfare@homerton.cam.ac.uk](mailto:hus-welfare@homerton.cam.ac.uk). They will be hosting regular drop-in welfare sessions online, and providing other treats and advice, e.g. as outlined in their [own welfare guide](#).
- There will be a **daily drop-in Zoom call** at 4.00 pm that you can log into to chat, ask questions and meet with other students also in self-isolation. Tutors, other Fellows, and members of the HUS will act as hosts. This is a great way to connect with other students in a similar situation, and share ideas and advice. Meeting ID: 963 3432 0427; Passcode: 752060; [or follow this link](#).
- Watch out for the **Daily Prompts - Coping with Covid** emails from Homerton Changemakers/the Tutorial team (the resource will then be available on Nexus.)
- **The Porters** are always available to be called if there are any emergencies or any updates to your situation; they can also call out the Duty Tutor or Senior Tutor: please call 01223 747111 or email [porters@homerton.cam.ac.uk](mailto:porters@homerton.cam.ac.uk).






# Resources for you in the University

- The University has put together an overview of the support and advice available during the current pandemic: <https://www.cam.ac.uk/coronavirus/students/health-and-wellbeing>
- The Counselling Service has created a separate page giving details of COVID-19 support (including lots of useful links): <https://www.counselling.cam.ac.uk/covid-19-support>
- The general Counselling Service self-help guides are also a useful source of advice: <https://www.counselling.cam.ac.uk/selfhelp/newselhe>
- Cambridge SU support for students during the current pandemic, including mental health resources: <https://www.cambridgesu.co.uk/support/coronavirus/>
- Resources from the Cambridge University Mindfulness Society: <https://cumindfulness.co.uk/resources>





# Additional mental health and wellbeing resources during self-isolation

- NHS tips: <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>
- NHS exercise videos to do in your room (e.g. pilates): <https://www.nhs.uk/conditions/nhs-fitness-studio/?tabname=pilates-and-yoga>
- Podcasts: <https://www.happinesslab.fm/coronavirus-bonus-episodes/beat-your-isolation-loneliness>
- Advice from Young Minds: <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>
- How to create a wellbeing action plan from the Charlie Waller Trust: <https://charliewaller.org/resources/work-from-home-wellbeing-action-plan>
- Group chats and discussion boards from The Mix, as well as how to contact their trained team: <https://www.themix.org.uk/get-support>
- Information and support about coronavirus from Mind: <https://www.mind.org.uk/information-support/coronavirus/>
- Advice from Harvard Medical School on coping with coronavirus: <https://www.health.harvard.edu/diseases-and-conditions/coping-with-coronavirus>
- Podcasts from psychotherapist Anna Mathur: <https://www.annamathur.com/podcast/>
- Advice from the Mental Health Foundation on living with the pandemic with pre-existing conditions: <https://www.mentalhealth.org.uk/coronavirus/living-pandemic-if-you-already-have-mental-health-problems>





Homerton and the University has a variety of people available to support students through this time of difficulty, whether it is for emotional, physical or mental health concerns. If you find you are struggling, please do not hesitate to seek assistance as soon as possible.

