Clare Hall Welfare Support
Updated Oct 2021

Thanks to the efforts from the College, Clare Hall is one of the few (if not only) Cambridge colleges to provide you with 24/7 mental health support. Below is a summary of available services.

1- GSB Welfare Officer (gsb.welfare@clarehall.cam.ac.uk)
   • The GSB Welfare Officer is elected every; They ensure the general well-being of the student body and promote a healthy work-life balance among students
   • Students are encouraged to contact the Welfare Officer in accessing support

2- Clare Hall Tutorial Office (https://www.clarehall.cam.ac.uk/tutorial-office)
   • On arrival at Cambridge, each Clare Hall student is assigned a tutor that will meet with them on a regular basis to discuss their general well-being
   • Compared to your supervisor, your Tutor is a key contact for non-academic matters as well

3- Student Assistance Program (SAP)
   • SAP is a confidential programme designed to help you deal with personal or student-related problems. The problems could be affecting your home life, education, health, and general wellbeing.
   • At Clare Hall our service is provided by an external organisation that is one of the leading providers in the UK.
   • The SAP service provides a complete support network that offers expert advice and compassionate guidance 24/7, covering a wide range of issues, not only reactive support but also proactive and preventative support to deliver the best possible outcomes. You can call any time to access in-the-moment support from a counsellor, 24 hours a day, 7 days a week, 365 days a year.
   • To register with the SAP, please contact tutorial.office@clarehall.cam.ac.uk.
     o You will be provided with a confidential login

4- You can also call the Free 24-Hour Confidential Helpline:
   • 0800 028 3766
   • If you’re living in the same household as your partner, they can also access the service too, as well as children (aged 16-24, in full time education).
   • *Health Assured define immediate family members as spouse/partners and children aged 16 to 24 in full-time education, living in the same household.

5- University Counselling Services
   • Offered through the university to see a counsellor
   • https://www.counselling.cam.ac.uk/cbccouns/clarecouns