

Welcome from Tim Ellis, the College Counsellor and Mental Health Coordinator

Welcome, or welcome back, to Cambridge and to Emmanuel College, whether it is for one year or several years. New or old, you may feel unsettled at first. You may have put in a huge effort over a considerable period and sacrificed a lot to get here. It may not be quite as you expect. In addition, the environment you have come from is likely to have a considerable bearing on how you feel now. Whatever you're feeling, give yourself time to adjust and settle in, and to find some like-minded people.

While the focus of your time at Cambridge is understandably on academic achievement and extra curricular activities, you may find that gaining a better understanding of yourself is another of the life-long benefits you derive from being here. The personal development may start from a period of uncertainty or difficulty.

If you're settling in well, and feeling fine, great. However, if now are at some point in your time at Emmanuel you want to reach out for support, here are some of the options in College and the University:

- MCR (The graduate student community) Welfare reps <https://www.emmamcr.org.uk/wp/>
- Postgraduate Tutor
- Any Tutor
- Supervisor/s
- College Nurse
- College Counsellor and Mental Health Coordinator (me) the24@cam.ac.uk or counsellor@emma.cam.ac.uk
- Your Doctor (Get registered with a local Doctors' surgery)
- University Counselling Service (UCS) www.counselling.cam.ac.uk
- Sexual Assault and Harassment Advisor (SAHA) www.counselling.cam.ac.uk/sexual-assault-and-harassment-advisor
- Accessibility and Disability Resource Centre (ADRC) www.disability.admin.cam.ac.uk
- Student Advice Service (SAS) www.cambridgesu.co.uk/support/advice/

As well as providing counselling, I have a more general welfare role in college, and you can contact me if you want information about other sources of support or if you have another welfare matter that do not quite fit the brief of a counselling appointment.

As a postgraduate, you are welcome to contact me at any point in the year. I'm in College three days a week in term time, and 1-2 days a week out of term time. That can be a good time to get in touch as I may be less busy then. Email is the best way to contact me.

I hope you settle in well and thrive here with, in Maya Angelou's words, "some passion, some compassion, some humor, and some style."

Tim