

## Postgraduate Student Support: PhD students

### Department

Group PG Tutors	<a href="https://www.imperial.ac.uk/physics/students/current-students/postgraduate-research/contacts-and-mentors/academic-staff-contacts/">https://www.imperial.ac.uk/physics/students/current-students/postgraduate-research/contacts-and-mentors/academic-staff-contacts/</a>	Academic and personal issues
PGR Senior Tutor	Jeremy Chittenden <a href="mailto:j.chittenden@ic.ac.uk">j.chittenden@ic.ac.uk</a> B 744 020 7594 7654	Pastoral care of students, personal issues, mental health issues
Director of PG studies	Ben Sauer <a href="mailto:ph.dps@imperial.ac.uk">ph.dps@imperial.ac.uk</a> BL 212	Administrative aspects, progression, issues related to the wider college.
Disabilities Officer	Mery Fajardo <a href="mailto:m.fajardo@imperial.ac.uk">m.fajardo@imperial.ac.uk</a> BL 306	Disabilities, Mental Health Support
PG Administrator	Loli Sanchez Rey <a href="mailto:l.sanchez@imperial.ac.uk">l.sanchez@imperial.ac.uk</a> BL 315	Postgraduate liaison; progression, deadlines, Lab demonstrators; ID cards, IT access, etc.
Physics PG Helpdesk	First Wednesday of each month (12-1pm, advertised by email regularly)	

### Students

Postgraduate Student committee chair	<a href="mailto:physics-pg-student-representative@imperial.ac.uk">physics-pg-student-representative@imperial.ac.uk</a>
Physics Department: Group Representative	<a href="https://www.imperial.ac.uk/physics/students/current-students/postgraduate-research/contacts-and-mentors/research-community-committee-reps-and-coordinators/">https://www.imperial.ac.uk/physics/students/current-students/postgraduate-research/contacts-and-mentors/research-community-committee-reps-and-coordinators/</a>
Women in Physics lunches & other activities	<a href="https://www.imperial.ac.uk/physics/about-us/women-in-physics/">https://www.imperial.ac.uk/physics/about-us/women-in-physics/</a>

### College

Counselling: note in particular regular <b>“Workshop &amp; Events”</b> and the new webpage based support <b>“Silvercloud”</b>	<a href="https://www.imperial.ac.uk/counselling/">https://www.imperial.ac.uk/counselling/</a>
Student Well Being Advice Team	<a href="https://www.imperial.ac.uk/natural-sciences/education-and-teaching/wellbeing-support/resources-for-students/advice-team/">https://www.imperial.ac.uk/natural-sciences/education-and-teaching/wellbeing-support/resources-for-students/advice-team/</a>
<b>Student Mental Health Intervention officers</b>	<a href="mailto:concernedaboutastudent@imperial.ac.uk">concernedaboutastudent@imperial.ac.uk</a>
Chaplaincy	<a href="https://www.imperial.ac.uk/chaplaincy/">https://www.imperial.ac.uk/chaplaincy/</a>
Union Advice centre	<a href="https://www.imperialcollegeunion.org/advice">https://www.imperialcollegeunion.org/advice</a>
International Student Support	<a href="https://www.imperial.ac.uk/study/international-students/contact-us/">https://www.imperial.ac.uk/study/international-students/contact-us/</a>
Student Hub (Registry)	<a href="https://www.imperial.ac.uk/student-hub/">https://www.imperial.ac.uk/student-hub/</a>
Careers service	<a href="https://www.imperial.ac.uk/careers/">https://www.imperial.ac.uk/careers/</a>
Finance (“Blackbullion” app)	<a href="https://www.imperial.ac.uk/study/pg/fees-and-funding/managing-your-money/budgeting/">https://www.imperial.ac.uk/study/pg/fees-and-funding/managing-your-money/budgeting/</a>

# Emergency

- Emergency Triage Clinic from the Imperial College Health Centre (Mon-Fri, 8.30-10am)
- Emergency GP appointment with your GP surgery
- Urgent medical advice: NHS 111 at 08454 242424
- Imperial Security: 4444 (extension) or 020 7589 1000 (mobile phone)
- Outside College: 999 and/or visit your local Accident & Emergency (A&E)
- Samaritans: <https://www.samaritans.org/how-we-can-help-you/contact-us>
- Papyrus: HOPEline UK: 0800 068 41 41

## **Ten steps to look after your mental health (from the Student Mental Health code of practice and guidelines)**

1. Talk about your feelings
2. Keep active
3. Eat well
4. Drink sensibly
5. Keep in touch
6. Ask for help
7. Take a break
8. Do something you are good at
9. Accept who you are
10. Care for others