

Postgraduate Student Support: PhD students

Department

Group PG Tutors	https://www.imperial.ac.uk/physics/students/currentstudents/postgraduate-research/contacts-andmentors/academic-staff-contacts/	Academic and personal issues
PGR Senior Tutor	Jeremy Chittenden j.chittenden@ic.ac.uk BLK 744 020 7594 7654	Pastoral care of students, personal issues, mental health issues
Director of PG studies	Linda Cremonesi ph.dps@imperial.ac.uk BLK	Administrative aspects, progression, issues related to the wider college.
Disabilities Officer	Mery Fajardo m.fajardo@imperial.ac.uk BLK 30b	Disabilities, Mental Health Support
PGR Administrator	Loli Sanchez Rey l.sanchez@imperial.ac.uk HXL 903a	Postgraduate liaison; progression, deadlines, Lab demonstrators; ID cards, IT access, etc.
Postgraduate Education Manager	Roxane Ray roxane.ray@imperial.ac.uk BLK 901b	Overseeing PGR studies
Physics PG Helpdesk	First Wednesday of each month (12-1pm, advertised by email regularly)	

Students

Postgraduate Student committee chair	physics-pg-student-representative@imperial.ac.uk
Physics Department: Group Representative	https://www.imperial.ac.uk/physics/students/currentstudents/postgraduate-research/contacts-andmentors/research-community-committee-reps-andcoordinators/
Women in Physics lunches & other activities	https://www.imperial.ac.uk/physics/aboutus/women-in-physics/

College

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

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